

# HEALTH SCIENCES INSTITUTE

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*Special Research Alert*

## **7 Times Smarter**

**Stop memory loss  
dead in its tracks**



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# The New Smart Pills

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## *Special Research Alert*

As we age, it is very common to observe a gradual decline in mental ability, chiefly memory lapses and difficulty in concentration. These are the result of brain aging: structural changes that take place in our brains as we grow older. Although these changes may be “normal” in the sense that they happen to almost all of us, that does not mean that they are inevitable.

### **Are you suffering from brain aging?**

Signs of brain aging include difficulty in remembering names, directions, words, and appointments; disorientation; memory lapses; and even depression and anxiety. These symptoms can signal the beginning of a breakdown in brain circulation and nerve communication. Even if you’ve begun to notice subtle signs of decline, it’s not too late to take action. With the help of targeted brain nutrients, these connections can be rejuvenated and restored.

## **1. Safe, natural substances nourish your brain and support mental acuity**

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### **Safe, natural substances nourish your brain and support mental acuity**

There are a number of natural substances you can safely use to support memory and alertness. Modern research has discovered some—and validated others, used for centuries in traditional medicine. Some of these substances work by increasing the amount of oxygen and nutrients available to the brain. Others work more indirectly, boosting the mind by increasing energy levels and supporting mood.

### **Deliver more super-oxygenated nutrient-rich blood to the brain**

For over 20 years, a derivative of the Vinca minor plant (or lesser periwinkle) known as vinpocetine has been used as a prescription medication in Europe and Asia to increase the flow of oxygen to the brain.

Research shows that vinpocetine increases cerebral blood flow. This boost in circulation helps support memory and cognitive retention.

### **Garner more help from ginkgo**

As a powerful vasodilator, ginkgo biloba enhances recall and mental focus in much the same way as vinpocetine—by allowing your blood vessels to transport as much nourishing, oxygen-rich blood as possible to your gray matter.

Free of side effects, Ginkgo biloba also offers headache relief, improvement of vision and hearing, and relief from stress—a key factor in cerebral functioning we discuss more later in this chapter.

Oxygenated blood is critical to the functioning of a healthy brain, but special chemical “messengers” called neurotransmitters are what boosts cognitive performance even high-



er. Among the various neurotransmitters produced naturally by your body, acetylcholine is the most powerful, and a lack of it can be disastrous. In fact, many forms of age-related cognitive decline have been linked to a deficiency of acetylcholine in the brain.

This is where phosphatidylcholine (lecithin) comes in. Serving as a major structural component of cerebral cells, it plays a vital role in supplying the nutrient “raw materials” your brain needs to maintain production of neurotransmitters like acetylcholine.

Lecithin can also help support short-term memory—things like serial learning, word recognition and recall—in healthy people of all ages.

### **Boost mental and physical energy**

Many people live in a kind of low-energy “fog of the mind” for the majority of their days—especially as they get older. Poor sleep quality, insufficient dietary nutrients, or an overload of mental stress—all can tax your mind into numbness and inefficiency. The link between energy levels and mental acuity is, quite simply, undeniable. And, again, there are natural substances that can raise both levels, helping your brain perform at its very best. Among these are:

**DMAE (Dimethylaminoethanol)** – What DMAE has that other neurotransmitter-promoting chemicals don’t are some well-documented energy enhancement properties.

One study of older adults revealed that 71 percent experienced increased motivation and relief from anxiety.<sup>1</sup> Respondents also reported an increase in mental focus and alertness for several hours following their dosage. And another six-week study reported all of the subjects in the DMAE group experienced an overall improvement in muscle tone, as well as increased mental focus.<sup>2</sup> DMAE is shown to have a positive effect on the ability of the brain’s two halves to communicate and interact, which lends verbal and creative abilities a valuable boost.

**Trimethylglycine (TMG)** – Also known as betaine, TMG is a compound of the amino acid glycine. Supplementing with betaine has been shown to protect liver function. The largest organ in the body, the liver is essential

to overall health.

**Pantothenic Acid** – Well known in the alternative health community and among athletes as a natural stamina-enhancer, pantothenic acid also plays an absolutely crucial role in aiding your body in the production of the vital intelligence-boosting neurotransmitter acetylcholine.

### **Lift your mood—and improve your memory and cognitive performance**

Three safe, natural substances have been shown to be effective mood-elevators and focus-enhancers. They are:

**Inositol** – This safe and effective natural remedy frees your mind from stress and anxiety—so you can get some real, clear-headed thinking done. Naturally present in your body, inositol is vital for the health of your entire nervous system.

This vital natural substance (which is often grouped with the B-vitamin family) can help promote relaxation and clear thinking.

As an added benefit, inositol can also contribute to energy metabolism. In fact, animal studies have shown a significant, measurable increase in physical activity for up to five hours post-administration.

**GABA (gamma-aminobutyric acid)** – Research shows that lower than normal levels of GABA in the brain and nervous system are linked to some types of anxiety. An important amino acid-based neurotransmitter, GABA helps to regulate brain and nerve cell functioning, producing a calming and focusing effect that’s widely known in the mental health community. Within a well-balanced nervous system, GABA protects against overloads in the neural pathways—and against over-excitement or impulsive lapses in judgment.

**N-Acetyl-L-Tyrosine** – An amino acid building block, N-Acetyl-L-Tyrosine is an important component in the basic structure of all proteins in the body—and is also the precursor to a pair of neurotransmitters (L-dopa and norepinephrine) that are vital for optimum mental functioning. By boosting production of these vital neurotransmitters, N-Acetyl-L-Tyrosine functions as a natural relaxant—especially if you’re under any kind of



duress or anxiety.

### **One new formula provides these nine nutrients—and more**

The nine nutritionals discussed above should be available in most health-food stores. Also, NorthStar Nutritionals brings all these natural ingredients together into its new and

improved formula for Sense of Mind. And then NorthStar adds in 19 more vitamins, minerals, and antioxidants—providing 28 super-nutrients to help you have the healthy, stress-free body you need for optimum mental acuity and memory.

For information on how to order Sense of Mind, see the Member Source Directory at the end of this report.

## **2. Ancient herb can make your mind young again**

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New research has led to a breakthrough in the treatment and prevention of brain aging. It's a compound called *huperzine A*, extracted from the Chinese club moss, or *Huperzia serrata*. Used in traditional Chinese medicine for centuries to treat fever and inflammation, this compound has now been shown to bring about significant improvements in cognitive and intellectual performance in patients with Alzheimer's disease and age-related cognitive decline, and it may improve memory and learning in healthy patients as well.

Alan P. Kozikowski, Ph.D., a professor of pharmacology at Georgetown University's Institute of Cognitive and Computational Sciences in Washington, D.C., stated that "according to animal research, it [huperzine A] can actually slow the progression of Alzheimer's disease. In other words, huperzine A has neuro-protective activity, which is really exciting. It makes this supplement really stand out from other treatment modalities."

Researchers at Beijing's Institute of Mental Health conducted a four-week study on huperzine A, administering it to 101 patients with age-associated memory impairment. At the beginning of the four-week study, none of the patients was within the normal range for memory. At the end of the four weeks, however, over 70 percent of those in the huperzine-treated group had improved to within normal memory limits.<sup>1</sup>

### **How does huperzine A work?**

Huperzine A is similar in action to the drugs currently used to treat Alzheimer's disease in that it is a powerful acetylcholine esterase (AChE) inhibitor. AChE is an enzyme that

destroys the neurotransmitter acetylcholine and terminates the nerve signal after it has been transmitted. Acetylcholine, which is released at the synapse between two nerve cells, facilitates memory and learning. In some memory disorders, such as Alzheimer's disease, the memory nerve impulse is destroyed before it has been received by the adjacent nerve cell. Thus, by inhibiting AChE, the memory nerve impulse is lengthened in duration, resulting in improved memory and cognitive function.

According to researchers at the Weizmann Institute of Sciences in Rehovot, Israel, and at Georgetown University in Washington, D.C., huperzine A is superior in the following ways to the leading drugs licensed for the treatment of Alzheimer's:<sup>2</sup>

- Huperzine A improves learning and memory in mice better than does tacrine.
- Huperzine A acts specifically on AChE in the brain rather than on the AChE found elsewhere in the body.
- Huperzine A does not appear to bind to receptors in the central nervous system, which can cause negative side effects.
- Its effects last 10 to 12 times longer than those of physostigmine and tacrine.
- Huperzine A is less toxic than the leading drugs, even when administered at 50 to 100 times the therapeutic dose.

### **A marriage of ancient wisdom and leading-edge science**

Huperzine A has been used as a prescription drug for treating dementia in China for years. But we've found an innovative formula that



augments huperzine with other brain-specific nutrients.

Brain Protex by Nature's Sunshine combines three powerful antioxidants which cross the blood-brain barrier to protect the brain cells. It also contains two nutrients that act as "brain food," namely Ginkgo biloba and phosphatidyl serine. Together, the antioxidants and the nutrients protect the brain from damaging free radicals and boost mental capacity.

### Nutrients found in Brain Protex

**Phosphatidylserine (PS)** is an essential fatty acid that is necessary for optimal brain functioning. It keeps the membranes of the brain cells fluid and pliant, allowing the cells to absorb nutrients more efficiently. It also stimulates the activity of neurotransmitters, the "messenger" chemicals that relay nerve signals from cell to cell, literally helping you think. More than two dozen controlled clinical trials have demonstrated that

supplementation with PS greatly improves learning and memory.

In a recent study of 149 people, age 50 or older, who had "normal" age-related memory loss, some study participants took 100 mg of PS three times a day for 12 weeks while the others took placebos. By the end of the experiment, the people taking PS benefited from a 15 percent improvement in learning and other memory tasks, with the greatest benefit coming to those with the greatest impairment. Furthermore, these significant benefits continued for up to four weeks after the patients stopped taking PS. Clinical psychologist Thomas Crook, one of the study's authors, said the study suggests that PS "may reverse approximately 12 years of decline."<sup>3</sup>

In another 12-week study, 51 people (average age: 71) took PS supplements and improved their short-term memory. They

## Could it be Alzheimer's disease?

In its early stages, Alzheimer's can be indistinguishable from "normal" brain aging. But when treated in its earliest stages, its progression can often be dramatically slowed. Recently, very exciting research has shown that nutrients like huperzine A and Ginkgo biloba can even reverse damage that has already occurred.

The cause of Alzheimer's remains unclear, although research reported in recent issues of our *Members Alert* points to several possible culprits, including herpes infection, high homocysteine levels, and aluminum toxicity. As always, a preventive approach is the best defense. You can reduce your risk factors by taking some simple steps now.

**Test for heavy-metal toxicity.** Hair analysis provides reliable and inexpensive screening for heavy-metal toxicity that can cause serious neurological problems, as well as for mineral imbalances and deficiencies that can affect heart health, bone density, energy metabolism, and other factors. Doctor's Data is able to provide HSI members this superior test. For more details see the Member Source Directory.

**Reduce your aluminum load.** Hair tissue analysis can tell you if your body has stored

unhealthy amounts of aluminum. The most common sources of aluminum are cookware, deodorants, baking soda, and antacids. High aluminum levels can be chelated with **malic acid** supplements. The recommended dosage is 500 mg three times a day for no more than three weeks. It is highly recommended that you work with a professional who can monitor your tissue levels and advise you on the protocol. See the Member Source Directory for ordering information.

**Keep your homocysteine levels low.** This toxic amino acid, also a culprit in the development of heart disease, can increase your risk of Alzheimer's disease. Supplementation with a homocysteine-lowering formula like **Cardio-Support** (see the Member Source Directory) can help keep this killer at bay.

**Supply brain-targeted nutritional support.** Make sure your brain gets an adequate blood supply, sufficient oxygenation, and adequate nutrient support.

If memory lapses, episodes of verbal or spatial disorientation, or personality changes become more frequent or severe, it is important to consult a doctor for a definitive diagnosis.



could better recall names and the locations of misplaced objects. They remembered more details of recent events and could concentrate more intently.<sup>4</sup>

**Ginkgo biloba** is a well-known botanical remedy used in the treatment of circulatory diseases, with particular value in the treatment of brain aging. Ginkgo increases circulation to the brain and is a potent antioxidant, helping to prevent free-radical oxidation in the brain.

**Rhododendron caucasicum**, also known as the "snow rose," grows at altitudes ranging from 10,000 to 30,000 feet in the Caucasus Mountains of the Republic of Georgia (formerly part of the Soviet Union). Many scientists believe *Rhododendron caucasicum*, which is regularly consumed in the form of Alpine Tea, is a primary cause of Georgians' remarkable longevity. (One census of the Republic's 3.2 million people, identified nearly 23,000 citizens over the age of 100.) Foreign hospitals have used this plant to treat heart disease, arthritis, gout, high cholesterol, blood pressure problems, depression, neuroses, psychoses, and concentration problems.

In the 1950s, Soviet scientists began vigorously researching *Rhododendron caucasicum*. Over the next four decades, numerous clinical trials explored the therapeutic values of the extract. It proved to be an excellent free radical scavenger (an "ultra-antioxidant" according to some researchers), capable of protecting the body from cell mutations that can weaken the immune system and cause heart disease, cancer, strokes, kidney failure, and emphysema. It exhibited a tremendous ability (stronger than grape seed extract or pine bark extract) to purge harmful bacteria from the body, while allowing good bacteria (probiotics) to remain.

*Rhododendron caucasicum*, however, demonstrated special abilities to protect and treat the brain. Researchers discovered that its extract bolsters the cardiovascular system, increasing blood supply to the muscles and especially the brain. Studies also demonstrated

that *Rhododendron caucasicum* increases the brain's resistance to unfavorable chemical, physical, and biological imbalances. At the First Lenin Medicinal Institute in Moscow, researchers treated 530 patients with various forms of neuroses and psychoses with *Rhododendron caucasicum*. Within 11 weeks of treatment, the majority of the patients regained normal conscious thought and demonstrated heightened mental abilities.

**Lycopene** is a powerful antioxidant found in tomatoes, pink grapefruit, apricots, and watermelon. Observational studies have produced evidence that diets high in lycopene may reduce the risk of cancer, especially tumors in the prostate, colon, stomach, lung, or mouth. Researchers also believe lycopene may help prevent cataracts and macular degeneration (a gradual loss of vision which is the leading cause of blindness among older Americans).

**Alpha-lipoic acid** is a sulfur-containing fatty acid found in every cell of the body. It is a key component of our metabolic system, helping to convert glucose (blood sugar) into energy to serve the body's needs. It is also a universal antioxidant, capable of eliminating free radicals in water and in fatty tissue.

Lipoic acid has been most commonly used (particularly in Germany) to treat nerve damage caused by diabetes. One randomized, double-blind, placebo-controlled study of 503 individuals concluded that intravenous lipoic acid helped relieve symptoms (pain, numbness, extreme constipation, and irregular heart rhythms) for three weeks.

Researchers now believe lipoic acid may also help retard cataracts and neuro-degenerative diseases, including Parkinson's and Alzheimer's.

**Brain Protex** can be ordered through The Herbs Place. The recommended dose is two capsules at mealtime twice a day. (See the Member Source Directory at the back of this report for ordering information.)



### 3. Flower power keeps your brain alive

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In Alzheimer's patients, chemicals in the brain, called neurotransmitters, go haywire. Neurotransmitters aid communication among brain cells and help electrical impulses jump the tiny gaps (called synapses) between nerves.

In the 1970s, researchers discovered that people with Alzheimer's disease (AD) have low levels of a key neurotransmitter called *acetylcholine* (a-see-tull-KOH-leen). Not only does acetylcholine help brain cells communicate, but it also plays a vital role in memory, learning, and other cognitive functions. In advanced AD patients, acetylcholine levels plunge by 90 percent. At that point, even the personality is affected.

Acetylcholine is produced in an area of the brain called the basal forebrain. Unfortunately, these cells naturally deteriorate with age and are among the first damaged in the early stages of Alzheimer's disease. When these brain cells die, acetylcholine levels drop dramatically—affecting a patient's memory and capacity for learning.

The problem is compounded in AD patients when an enzyme called *cholinesterase* is introduced. Cholinesterase cleans up unused acetylcholine in the brain by breaking it down into its component parts. In a healthy person, this is a natural process. But in AD patients, it can add insult to injury and cripple an already impaired memory by further reducing already low levels of acetylcholine.

The current medications for AD, known as “cholinesterase inhibitors,” work primarily by stopping the damage of cholinesterase to optimize the levels of acetylcholine. Aside from harsh side effects, such as liver damage, seizures, and depression, their biggest downfall is that they lose their effectiveness within one year.

#### **Does the snowdrop plant hold the key beyond the temporary relief of drugs?**

Working with researchers at Life Enhancement Products, a pioneering nutri-

tional development and research company, we've uncovered dozens of recent clinical trials on a natural flower extract that surpasses the effectiveness of prescription drugs.

Galantamine, an extract from the snow-drop flower, daffodil, spider lily, and other plants, has been traditionally used in Eastern Europe to treat a variety of minor ailments. Current research shows its greatest promise is its ability to bring the progress of AD to a virtual standstill and rejuvenate cognitive function.

Like prescription drugs, galantamine blocks the action of cholinesterase—allowing for greater levels of acetylcholine—and *boosts the production of new acetylcholine* neurotransmitters in the brain.<sup>1</sup>

Furthermore, animal studies have found that galantamine does something else no other drug currently being prescribed can do: It stimulates acetylcholine *receptors*, called *nicotinic receptors*, in the brain—over an extended period of time. In AD patients, these receptors wear out and the brain isn't able to transport acetylcholine from one cell to another. In addition, when nicotinic receptors are healthy and active, they're thought to inhibit the formation of beta-amyloid plaque deposits, a hard, waxy substance that results from tissue degeneration and is often found in the brains of AD patients.<sup>2</sup> While the current AD drugs initially help stimulate the nicotinic receptors as well, the effect isn't long-lasting. Nicotinic receptors appear to become desensitized to most drugs over time—often within a year—thus making them ineffective in this respect. Unlike AD drugs, galantamine stimulates nicotinic receptors without appearing to cause desensitization when used for an extended period of time.<sup>3</sup>

#### **Increase memory and cognitive function—and keep it**

Scientists in Auckland, New Zealand, found that AD patients in several studies (with 285 to 978 patients taking 24 milligrams of galantamine per day for three to



six months) achieved significant improvements in cognitive symptoms and daily living activities as compared to a placebo-treated control group. They also found that galantamine delayed the development of behavioral disturbances and psychiatric symptoms. After 12 months of treatment, patients using galantamine maintained their cognitive and functional abilities.<sup>4</sup>

Researchers in Belgium conducted a study with 3,000 AD patients enrolled in one of five randomized, controlled, double-blind groups. Various levels of galantamine were tested (16, 24, and 32 milligrams per day) against placebos, and in every study the galantamine-treated patients maintained their cognitive abilities while the placebo-treated subjects experienced significant deterioration.

Prior to entering each of the five studies, patients were evaluated according to the cognition portion of the Alzheimer Disease Assessment Scale. Each subject's performance was assessed in 11 areas measuring memory and orientation. A score of zero meant the patient made no errors, while a top score of 70 meant he suffered from profound dementia. Results from the patient evaluations showed that moderately severe AD patients treated with galantamine had a seven-point advantage over similarly afflicted subjects in the placebo groups. Researchers found that the optimum dosage of galantamine was 24 milligrams per day. Groups treated with 32 milligrams demonstrated no additional improvement in their cognitive abilities.<sup>5</sup>

In another multicenter, double-blind trial, galantamine delayed the progress of the disease throughout a full-year study. Conducted at the University of Rochester Medical Center, 636 patients with mild to moderate AD were given galantamine or a placebo for six months. At the end of the period, patients taking galantamine experienced improved cognitive function in relation to the placebo group. Patients taking 24 milligrams of galantamine improved by 3.8 points. Additionally, based on clinician and caregiver interviews, the galantamine group performed significantly better in the completion of daily activities and exhibited fewer behavioral disturbances. More-

over, the benefits of galantamine are long-lasting. Baseline cognitive scores and daily function continued to be high when retested at 12 months for patients taking 24 milligrams of galantamine.<sup>6</sup>

Not only that, but researchers have also determined that galantamine regulates the release of the neurotransmitters glutamate, gamma-aminobutyric acid, and serotonin—all of which play a vital part in proper memory function.<sup>7</sup>

### **Galantamine fights mental deterioration and increases memory and cognitive abilities—even in Alzheimer's victims**

A recent series of comprehensive clinical trials unveiled some exciting new potential for galantamine, not only for treatment but also for prevention and overall cognitive function.

Researchers once thought AD patients who inherited two copies of the apolipoprotein E gene (*APOE* genotype) believed to cause AD wouldn't benefit as much from cholinesterase inhibitors as other AD sufferers. In four international placebo-controlled clinical trials lasting from three to 12 months, researchers at the Janssen Research Foundation in Belgium studied 1,528 AD subjects with two copies of the *APOE* genotype and tested the efficacy of galantamine. While those with two copies of the specific gene had an earlier onset of AD symptoms, they received equal benefit from galantamine supplementation as compared with those who had AD from other gene types. So regardless of the genetic origin of AD, galantamine improved cognitive abilities and capacity to handle normal day-to-day activities.<sup>8</sup>

In addition to forgetting things and not being able to draw on previous learning experiences, AD patients have an impaired ability to learn new tasks. In recent animal tests, researchers found that galantamine modifies the nicotinic receptors so there's an increased release in the amount of acetylcholine in addition to acting as an acetylcholinesterase inhibitor. Scientists concluded that daily administration of galantamine over a period of 10 days results in an increase of conditions



that are known to augment learning opportunities in AD patients.<sup>9</sup>

Put all these characteristics together, and the overall result for AD patients—as dozens of clinical trials prove—is that the disease slows *dramatically* and the victim's memory can stabilize and even improve. The latest studies add to the growing body of evidence on the preventative potential of galantamine and its ability to rejuvenate your overall learning and performance.

### **Rescue your brain—cell by cell— starting today**

The proof of galantamine's effectiveness in treating AD is so impressive that it's already being put to use around the world. Under the market name Reminyl,<sup>®</sup> it has been used widely in 15 European countries. In 1999, Janssen Pharmaceutica submitted Reminyl to the FDA for approval; the FDA sanctioned it for use in AD patients the beginning of March 2001.

But approval by the FDA is only the first step on a long path to getting help for the patient. According to the National Academy of Sciences' Institute of Medicine, important research discoveries can take as long as 17 years before information about them filters down to doctors and hospitals. And even if your doctor knows about a supplement or

drug, your HMO or insurance company might not approve it because of the expense. Or they may feel you don't have sufficient need for a particular drug. Regardless of the potential benefits, mountains of red tape and bureaucratic nonsense might prevent you from getting the products you need.

The good news is you don't have to wait. While the pharmaceutical giants, insurance companies, and HMOs fight to get their extracts packaged, marketed, and distributed, you can protect your memory and intellect and put a stop to the advance of AD with the natural form of galantamine.

It's currently available from NorthStar Nutritionals in a formula called GalantaMind,<sup>®</sup> which combines galantamine with vitamin B<sub>5</sub> and choline. Refer to page 10 for purchasing information.

Galantamine does have a few minor side effects: nausea, vomiting, and diarrhea. However, they can be significantly reduced and even eliminated by taking smaller initial dosages and working up to the full dosage over a week's time.

The mountain of evidence on the benefits of galantamine for Alzheimer's patients is undeniable. Anyone battling this difficult disease should consider asking his/her doctor about it.

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## Member Source Directory

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### **Brain Protex**

The Herbs Place  
27 Fleetwood Drive  
Palmyra, VA 22963  
tel: (866)580-3226 or (434)591-1248  
[www.theherbsplace.com/brain.html](http://www.theherbsplace.com/brain.html)

### **CardioSupport**

Gold Shield Healthcare Direct  
1501 Nortpoint Parkway, Suite 100  
West Palm Beach, FL 33407  
[www.goldshieldusa.com](http://www.goldshieldusa.com)

### **Doctor's Data**

Health Sciences Institute  
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Frederick, MD 21705  
tel: (888)213-0764  
Ask for code: ID354

### **GalantaMind (Galantamine)**

Life Enhancement Products, Inc.  
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[www.northstarnutritionals.com](http://www.northstarnutritionals.com)

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These products are not intended to diagnose, treat, cure, or prevent any disease.

## 7 Times Smarter References

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### **Safe, natural substances nourish your brain and increase mental acuity**

<sup>1</sup> *Journal of the American Geriatrics Society* 1977;25(6): 241-44

<sup>2</sup> Pelton, Ross and Taffy Pelton, "Mind Food and Smart Pills," Doubleday Books, 1989, p 79

### **Ancient herb can make your mind young again**

<sup>1</sup> *Neuropsychopharmacology* 1994;10(3S)/part I: 763s

<sup>2</sup> *Journal of the American Medical Association* 1997;277(10): 776

<sup>3</sup> *Neurology* 1991;41(5): 644-49

<sup>4</sup> *Psychopharmacology Bulletin* 1992;28(1): 61-66

### **Flower power keeps your brain alive**

<sup>1</sup> *Behavioral Brain Research* 2000;113(1-2): 11-19

<sup>2</sup> The Newsletter of the Memory Disorders Project at Rutgers-Newark, Winter 2001

<sup>3</sup> *Dementia and Geriatric Cognitive Disorders* 2000;11(Suppl 1): 11-18

<sup>4</sup> *Drugs* 2000;60(5): 1095-1122

<sup>5</sup> *Dementia and Geriatric Cognitive Disorders* 2000;11(Suppl 1): 19-27

<sup>6</sup> *Neurology* 2000; 54(12): 2269-76

<sup>7</sup> National Institute on Aging

<sup>8</sup> *Dementia and Geriatric Cognitive Disorders* 2001;12: 69-77

<sup>9</sup> *Behavioral Brain Research* 2000;113(1-2): 11-19



**TODAY'S GREATEST ALTERNATIVE MEDICINES**

**HEALTH SCIENCES INSTITUTE**

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*SPECIAL RESEARCH ALERT*

**Pain Free in Seconds**



# PAIN FREE IN SECONDS

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### One-time charge for long-time relief from chronic pain

In the May 1998 issue of *Members Alert*, HSI wrote about the FDA ban on one of the products we had featured several years before—a pain relieving blanket made from a fabric called Farabloc™. That's right: It's not just vitamins, herbs, and other natural supplements the FDA wants to get rid of—it's all alternative therapies, even items as harmless as a blanket.

Although it demonstrated fantastic success for pain management and had proven itself in clinical studies, the FDA removed Farabloc from the American market. It declared that there was insufficient evidence to “adequately demonstrate the safety and effectiveness of Farabloc” technology.

In addition to the clinical trials supporting it, it had also earned enthusiastic endorsements from physicians, insurance agencies, and consumer groups. And the feedback we received from scores of HSI members related near-miraculous results—including the elimination of knee pain, stiff necks, stump pain, arthritis, hip pain, muscle sprains, menstrual cramps, and migraines. In fact, one of our own staff members swore that the Farabloc blanket was the best—and only—relief she ever found from constant lower back pain caused by a slipped disk.

But, again, sometimes when a product works—really works—and the market demands access to it, things have a way of re-emerging. And Farabloc happens to be one of those things that really, truly works.

#### **A new way to weather your painful symptoms**

For generations, anecdotal evidence has demonstrated that people can predict weather changes based on symptom flare-ups they feel in their bodies. Maybe you've noticed your own joints aching just before a rainstorm or when a cold front moves in. Well, in 1969, a German scientist named Frieder Kempe began researching those claims to determine if there was any hard evidence to back them up.

He theorized that the shifts in electromagnetic fields causing weather changes may also be behind the physical symptom changes people experience during these times. To test out his theory, he created his own version of something called a Faraday

cage and used it on his father, a WWII veteran who had lost a limb in combat and suffered phantom limb pain during climate and other environmental changes.

A Faraday Cage is a physical shield that completely blocks external electrical fields from coming into contact with—or affecting in any way—the object beneath it.

Granted, it sounds rather difficult to employ in real-world applications, but it's actually used every day in nearly every hospital. MRI machines utilize the concept of the Faraday cage as a means to keep the room free from radiation. The actual “cage” used for MRIs is made of an iron-containing metal, arranged in a grid pattern, that blocks high level electromagnetic frequencies or radiation from escaping the tunnel.

The fabric Kempe developed for his Farabloc blanket is made in the same way, only with a much finer grid. Of course, Farabloc isn't protecting outside environments—it's actually doing the reverse: protecting you—and all your cells—from the impact of those electromagnetic fields that cause atmospheric and environmental fluctuations.

To create his first prototype, Kempe hired a Belgian-based firm to spin fine steel mesh onto nylon thread. He then hired a German firm to weave the fibers into cloth. The result was a thick, stiff, uncomfortable, itchy fabric. Not exactly ideal—but it worked. When his father tried it, he reported complete relief from his phantom limb pain.

So following his initial success, Kempe set out to create a thinner, softer, more comfortable fabric.

He tested cotton and linen versions, but found them both less durable than the nylon fabric he'd originally chosen. The final version available today, is made of microthin threads of stainless steel fibers woven with nylon. This lightweight fabric looks and feels like linen, and, with proper care, it can last for years.

#### **Weaving the way to relief from phantom limb pain, muscle fatigue, and even fibromyalgia**

Since our first report on Farabloc in July 1996, many studies have been done—perhaps as a vehement retort to the FDA's position that there was



insufficient evidence to “adequately demonstrate the [product’s] safety and effectiveness.”

Most of the research has been devoted to phantom limb pain like the kind Kempe’s father experienced. However, Farabloc is also holding its own in demonstrating relief for other conditions—from arthritis to fibromyalgia.

One award-winning double-blind, cross-over study published in January of 2000 examined the effects of Farabloc and a placebo fabric on a condition called delayed-onset muscle soreness (DOMS), which occurs following strenuous exercise.

The researchers concluded that Farabloc worked significantly better than the placebo at reducing post-exercise stiffness and soreness. It also reduced the subsequent build-up of lactic acid and free-radical damage.

And I recently got a sneak peak at two not-yet-published studies conducted by Gerhard L. Bach, M.D., professor of medicine/rheumatology at the University of Munich in Germany on the use of Farabloc to treat fibromyalgia. Although the studies were small, they concluded that Farabloc showed a strong positive effect on the pain and tenderness associated with this condition.

As I said, these studies are so recent they haven’t even been published yet—so you’re among the first people to hear about Farabloc’s proven effects on fibromyalgia. There’s so little available to help alleviate this debilitating condition that these studies, and the re-introduction of Farabloc to the U.S. market, may revolutionize the future of fibromyalgia therapy—and dramatically improve the lives of those people afflicted with it.

### **The faces peeking out from under this “miracle blanket”**

When I spoke to Pat Winterton, president of ABC Health Solutions, Farabloc’s U.S. distributor, I wasn’t at all surprised when she told me she had a personal motive for bringing Farabloc back into the U.S.—her husband. After a stroke, he was left partially paralyzed and suffering from terrible nerve pain. Although she admits that Farabloc does not help everyone and that each person’s response time varies—due to environment, lifestyle, disease, etc.—she will tell you that it’s the only thing that has truly brought her husband any relief. And Mr. Winterton isn’t the only one getting a long-sought-after reprieve from pain. Check out what some

other people have experienced:

Three years ago, Pauletta L. was diagnosed with peripheral neuropathy. She says her feet would get ice cold, lose feeling, and generally make it very hard for her to walk comfortably. Her doctor told her that there was really no treatment for the condition, but he did prescribe her a drug that he said would relieve her symptoms somewhat.

But then, Pauletta explained, a friend gave her a Farabloc blanket to try.

“I slept with this blanket around my feet that night,” Pauletta told me, “and as soon as I woke up in the morning and stepped on my floor, I could feel a difference in my feet...My feet still occasionally get cold, but I simply wrap them in the blanket for a few moments and they are OK again.”

“To keep my feet feeling good I sleep with the blanket over them two or three nights per week. I am eternally grateful to my friend for this gift that she gave me. I can now walk around and shop for hours without needing to sit and put my feet up. They are no longer swollen after a long day on them as they used to be.

“I was a skeptic. Even my doctor asked me if I had to put an aluminum foil antenna on my head to get the blanket to work. I am a believer now. Drug free. Pain free. Swelling free. And, most importantly, no longer freezing cold. This product worked a miracle for me.”

### **An investment in relief**

Since its creation, Farabloc fabric has taken on many forms. There are, of course, the original blanket versions, which range in size from 12 inches by 30 inches to 34 inches by 58 inches. But there are also unique variations like socks, mitts, cummerbunds, and even full short- or long-sleeved jackets. You can also have an item custom-made, if you have a particular need that the other Farabloc products don’t address.

Prices range from \$50 all the way up to over \$550, depending on which specific product and size you choose. So Farabloc isn’t necessarily a bargain. But considering that it’s reusable (and even machine washable, provided you don’t wring it out), it may very well be an investment that you can continue to collect returns from for years to come.

And there are no side effects to worry about unless you happen to be allergic to nylon or steel.

To be quite honest, we’re not sure what changed



the FDA's mind about Farabloc. They've refused to see the light on numerous other highly effective natural products.

But regardless of the reason or motive behind the decision, it's great news for people who have been without this powerful pain reliever for the past six

years. And, who knows? Maybe this will pave the way for the re-introduction of other previously banned products that could be a godsend for you or someone you love. See the Member Source Directory on page 12 for complete ordering information.

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## Chapter 2

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### Soothe your pain on contact

Arthritis...backache...sore muscles...aching joints...sprains...strains. As we get older, it seems as if pain becomes a constant companion. Just getting out of a chair can become challenging, let alone enjoying simple pleasures like gardening and strolling through the park. Taking aspirin helps, but it can eventually tear up your stomach. And prescription drugs have side effects that only compound the underlying problem. About 50 percent of the population is suffering from occasional aches and pains.<sup>1</sup>

#### **Most medical schools don't teach pain relief**

Mainstream medicine is finally becoming aware of the need to relieve pain. Hospitals now have pain-management teams. Palliative care—a relatively new medical specialty—was developed to address pain relief. Pain centers are also opening across the country as more and more people look for relief. But they all concentrate on mainstream “cures”—drugs and surgery, which are rife with uncomfortable and even life-threatening side effects.

Unfortunately, doctors aren't receiving much training in medical school about pain intervention. According to a survey of oncology surgeons, 90 percent of respondents said they received 10 hours or less of medical-school education on palliative care and 79 percent said they received no more than 10 hours of instruction in palliative care during their surgical residency.<sup>2</sup>

#### **Healed injuries can continue to flare up over time**

Effective pain management is a complex issue, because your body responds with all its defenses to protect and heal an injury. When you injure yourself, your body sends protective fluids, such as hist-

amine, bradykinin, prostaglandin, and substance P, to surround and heal the area. But they can also irritate the injury over time.

Another problem associated with pain is referred to as the “snowball effect.” This is the result of pain caused by injury and inflammation, which in turn causes distress and, as a result, continued pain and inflammation. This cyclic pattern snowballs and results in discomfort even after the original injury has been healed.

While you may have done everything possible to heal an injury for good, that doesn't mean the hurt will leave once your injury has healed. Most people can relate to occasional flare ups from past injuries, or subsequent pulled muscles or aching backs that come from trying to compensate for the original injury.

#### **Putting a stop to the pain cycle**

Finding a way to stop the pain cycle has been a goal of Health Sciences Institute panelist Jon Barron. Recently, he teamed up with Ron Manwarren of Royal Botanicals in the development of a unique topical pain reliever that is safe and completely free of the side effects of dangerous pharmaceutical pain killers. While Barron was refining an all-natural transport system that would send herbal extracts through the skin, Manwarren had just finished formulating a healing oil based on traditional herbs—but lacked a botanical-based foundation to transport it. When Manwarren brought his new formula to Barron, their combined efforts resulted in a formula available in a product called Soothanol X2.

While over-the-counter topical products commonly contain one, two, or three pain-relieving substances, such as methyl salicylate, menthol, and camphor, Soothanol X2 has 10 proven painkillers.

Because Soothanol X2 is an easyspreading and



potent liquid, only a few drops are needed. Soothing pain relief is delivered on contact. In fact, we tested it informally here at the Health Sciences Institute Baltimore office.

The scented ingredients in Soothanol X2 are mild—contrary to the overpowering smells of most over-the-counter products. Although cayenne can deliver a warming or hot sensation, much of that sensation depends on the type of injury you're treating

and your sensitivity to cayenne. Of the five people who tested our sample bottle here in the office, only one commented that he felt an uncomfortable amount of heat.

Because a little goes a long way, the cost per application is extremely economical. See the Member Source Directory for ordering information. Unfortunately, this product is not available in Australia.

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## Chapter 3

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### **Want relief from migraine headaches?**

#### **A few drops under the tongue may be all you need**

A new product called MigraSpray landed on my desk—and from the initial reports I'm getting, it sounds like it might be the answer to your prayers if you suffer from migraines.

A colleague of mine has been fighting migraines for nearly 30 years, and has tried everything from pills to injections to nasal sprays. She says her migraines are so intense, that she's willing to try almost anything. But unfortunately, nothing has given her much relief—until now.

#### **Almost immediate relief— and no side effects**

So I gave her the sample I was sent. She tucked it away, and probably forgot about it. But the next time she developed a migraine, she remembered and dug it out. A couple of quick spritzes under the tongue, and almost immediately she could feel the pain dulling. Before taking MigraSpray, she had been sitting in a pitch dark room, because she couldn't stand even the light of a single bulb. After taking MigraSpray, she was able to turn on the lights—a simple thing that non-migraine sufferers like me take for granted.

She didn't experience any negative side effects, either—no “rebound” headache, no nasty taste, no stomach upset. She said she'll definitely use MigraSpray again, only next time, she'll use it sooner, before her headache fully blooms into a migraine.

#### **Unique blend of four traditional herbal medicines**

So how does it work? It's a homeopathic blend of four traditional herbs: feverfew, goldenseal, dande-

lion, and polyporus officinalis. The lead ingredient, feverfew (*tanacetum parthenium*) is a traditional herbal remedy for migraines and clinical studies have supported its ability to prevent migraines and reduce their severity.<sup>1,2</sup> Research suggests that feverfew's active ingredients are phytochemicals called sesquiterpene lactones, particularly one component known as parthenolide. Scientists believe parthenolide may relieve migraines by inhibiting cerebral blood vessel dilation. Parthenolide exerts anti-inflammatory properties by inhibiting platelet aggregation and prostaglandin synthesis, as well as the release of serotonin from platelets.<sup>3</sup>

The other ingredients in MigraSpray are not traditional headache remedies, but each contributes factors that may complement feverfew's anti-inflammatory power. Goldenseal (*hydrastis rhizoma*), which contains the amebicide phytochemical berberine, has traditionally been used to treat cholera. But herbal authorities also report that goldenseal can work as a sedative and an anti-inflammatory, particularly relieving inflammation in the mucous membranes of the head and throat.<sup>4</sup> Dandelion (*Taraxacum denleonis*) is best known as a potent diuretic and laxative, and is a rich source of potassium. And *P. officinalis*, a fungus commonly known as white agaric or larch agaric, is known in herbal medicine to have effects on the sympathetic and spinal nervous systems, and is used as a remedy for spasmodic nerve pain and epilepsy.<sup>6</sup>

In a private study conducted by MigraSpray's manufacturer, 41 migraine sufferers were divided into two groups to test the effectiveness of MigraSpray



against a placebo. Nearly 88 percent of the MigraSpray group saw some level of improvement from using the spray, while about 66 percent of them reported full to complete improvement. Even better, the average elapsed time between administration and relief in the MigraSpray group was just six and a half minutes.<sup>7</sup>

MigraSpray is safe for most people, but the product label does warn pregnant and lactating women not to use it. My research also indicates that feverfew can alter clotting time.<sup>8</sup> Therefore if you are taking warfarin or other blood thinners, consult your physician and get your clotting times checked. Your medical dose may need to be lowered or feverfew may be contraindicated. Also, one study indicates that non-steroidal anti-inflammatory drugs, or

NSAIDS, can negate feverfew's efficacy in fighting migraines, so you may want to avoid taking NSAIDS together with MigraSpray (also probably a good idea in light of the blood-thinning consideration).<sup>9</sup>

MigraSpray is available at many drug retailers, via the Internet, or by phone (see the Member Source Directory on page 12 for complete ordering information). It's hard to say how long one bottle might last, as it depends on the frequency of use. The product label recommends administering 10 sprays under the tongue at the first signs of an impending headache. After administration, wait at least 30 seconds before swallowing. If you don't feel relief after five minutes, you can repeat the process one more time.

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## Chapter 4

### Tibetan medicine relieves chronic leg pain

There are few things worse than losing your freedom to walk—not being able to go where you want to go or do what you want to do. But it's what thousands face each day, due to the often excruciating pain of intermittent claudication, a condition in which a decrease in blood to the legs brings about a reduction in oxygen to your lower extremities (which triggers the pain). The more you walk, the more oxygen is needed by your legs, hence, the greater the discomfort. This disorder can lead, if left untreated, to gangrene, and is linked to other serious health problems, such as hardening of the arteries and heart disease.

Mainstream medicine has little to offer. You can try a medication like Pentoxifylline, with undesirable side effects (including extreme dizziness and vomiting) and questionable effectiveness.<sup>1</sup> Or, as is often the case with Western medicine, you can opt for the ordeal of surgery.

#### **An effective solution without side effects**

But thankfully, you don't have to settle for the limited choices of the West. Eastern medicine has a better option—one that's both effective and free of side effects. Padma Basic is an herbal mixture from Tibet that's quickly proving to be a powerful treatment for intermittent claudication. Formulated

over 2,000 years ago, the preparation is a complex combination of 19 different herbs that combine to produce a powerful antioxidant.

While the mixture was originally intended to treat illnesses brought on by the overconsumption of meat, fat, and alcohol, its broader uses are now being discovered.

In a dramatic double-blind placebo study held in 1985, intermittent claudication patients on Padma were found to have a 100 percent increase in the distance they could walk pain free. In addition, the drug was well tolerated by the patients.<sup>2</sup> Since then, a series of studies have confirmed these original results.<sup>3-6</sup>

Not surprisingly, the phenomenon of Padma has spread from the mountains of Tibet through Israel, Switzerland, England, and the rest of Europe. Now, Padma Basic is available to HSI members through the Econugenics. They've set up a U.S. order bank, to make it easier for our American members to obtain this fantastic product.

The recommended dosage for Padma Basic is two tablets taken three times a day for the first four weeks. After that, take two tablets daily. Please be aware that it could take a minimum of three months for you to receive the full benefit of this treatment. Refer to the back of this report for ordering information.



### Improving on nature: The future of herbal medicine debuts in a 1-oz jar

Mainstream medicine relies too heavily on prescription drugs and too readily dismisses natural therapies. But there's a specific reason (aside from profit margins) that this is true: consistency. Consistency is what many people think is missing from natural medicine, especially herbal therapies. Think of an old family recipe made "to taste," with a pinch of this and a dab of that, leading to a dish that tastes a little different each time it's made. Usually, it still tastes good, and similar—but without any measurement guidelines, you never get the same exact dish twice. That might be OK for chocolate chip cookies—but, many would agree, it's not OK for herbal remedies.

Recently, I had the opportunity to sit down with one doctor who has set out to change that. Yun Kau Tam, Ph.D., has established a brand-new, cutting-edge technological process for providing consistency to natural herbal products. It's called BioPhytoceutics™ and it may very well be the future of herbal medicine.

#### **The best of Eastern medicine and Western science**

As I mentioned, and as Dr. Tam pointed out in our meeting, herbal medicine has its limitations. One of the unwritten rules of science is that an experiment must be able to be duplicated with the same results in order for it to be considered a sound theory, or, in this case, a reliable remedy. Variability in quality, inconsistency of ingredients, and poor absorbency have led many to question the efficacy and quality of natural alternative medicines. Manufacturing labs just couldn't handle all of the variables associated with herbs.

Dr. Tam and his associates at Kinetana labs are revolutionizing the field of herbal medicine with his patented BioPhytoceutics process. It uses modern technological advances to overcome herbal medicine's limitations and to formulate high integrity herbal ingredients so they maintain their consistency and achieve maximum absorbency. Basically, Dr. Tam's BioPhytoceutics process blends the best of Eastern medicine and Western science for the best, most effective results possible from herbal formulas.

#### **5 steps to unleashing TCM's ultimate healing potential**

Most of the products Dr. Tam has developed using BioPhytoceutics are based on the traditional Chinese medicine (TCM) model of herbal therapies. But when I met with him, Dr. Tam was quick to point out that he was initially very skeptical of TCM formulas. While their ingredient lists always include herbs well-known for their healing potential, the fact of the matter, he said, is that many TCM formulas just don't work.

Something wasn't adding up, but rather than just letting these potentially life-saving herbal remedies fall by the wayside, he stepped back and looked at why they were falling short.

According to Dr. Tam, three challenges stood out. The first was consistency. As I mentioned above, the ingredients in many herbal formulas aren't consistent, which means that the effects aren't consistent from batch to batch—or person to person. The second challenge was quality control. If herbs vary in source and quality, achieving the right ratios of active compounds necessary to provide consistent relief is next to impossible. And, finally, there was the issue of finding an effective delivery system—especially for topical preparations. Often they offer suboptimal delivery methods; either they're absorbed quickly, and get diluted in the bloodstream, or the ingredients aren't effectively absorbed through the skin in the first place.

The BioPhytoceutics process Dr. Tam designed identifies which active ingredients in each herb are absorbable through the intestine or by the skin, then ensures that each dose of the resulting product contains guaranteed amounts of these active ingredients.

#### **Changing arthritis treatment forever**

Dr. Tam knew that to get the word out about this new process, he had to show it in action. So he created products to demonstrate the technology. One of the products Dr. Tam has created using the BioPhytoceutics process is an herbal arthritis preparation called Arthroxin.

There are lots of treatments that can help allevi-



ate arthritis pain and inflammation, but there are significant problems with what is often the most common choice—non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs like aspirin and ibuprofen do reduce the inflammation that causes your arthritis. Unfortunately, the catch is that they also inhibit a natural and necessary process that protects your stomach lining from its own acid. A study published earlier this year in the journal *Drug Safety* concluded that “NSAID-induced upper gastrointestinal bleeding is a common cause of hospital admission.”<sup>1</sup> In other words, the very pill you’re taking as a defense mechanism is actually destroying your stomach’s natural defenses.

Dr. Tam developed Arthroxin specifically so that, unlike most TCM arthritis formulas, it contains ingredients that address all five problem areas associated with arthritis: pain, poor blood circulation, blood stasis, inflammation, and constricted tendons.

Arthroxin consists of 16 herbs that have been shown to have active function in these specific areas:

- Flos Caryophylli, Pericarpium Zanthoxyli, and camphor target arthritis pain
- Rhizoma Chaunxiong, Rhizoma Corydalis, Cortex Cinnamoni, and Angelica promote blood circulation
- Rhizoma sparganii, Flos Carthami, and Myrrha eliminate blood stasis
- Radix Angelicae Pbercentis, Folium Clerodendrii, and Radix gentianae macrophyllae act as natural anti-inflammatory agents
- And Radix Cynanchi Paniculati and Olibanum help constricted, tightened tendons to relax

All of these herbs were put to the test with the BioPhytoceutics process, and the dosage amount of each was established to provide the maximum relief in the minimum amount of time.

### **Completely pain free in as little as 2 days**

Keep in mind that Arthroxin isn’t a cure for arthritis. However, it may make the condition easier to live with. Those who have witnessed its effects can’t say enough about it.

Les Krenk, a pharmacist in Hawaii, told me, “I

have never seen a product like this before. I will recommend it to anyone that comes in for non-steroidal anti-inflammatory drugs. It is far safer for long-term use. I believe Arthroxin will become at least as popular and as important as glucosamine in the treatment of arthritis and joint pain. I will recommend it to all the orthopedic surgeons in the area who have patients using NSAIDs, or glucosamine.”

Arthroxin is a non-greasy ointment applied directly to the affected area twice a day or as needed. A few people have told me that the smell reminds them of tea tree oil and Old Bay crab seasoning. Not what you might expect, but not any worse than the stereotypical “locker room” smell traditionally associated with topical arthritis treatments.

You may experience pain relief and increased motility in a matter of minutes, but there appears to be an average of four days before the full effect is realized. And you do need to keep using Arthroxin to maintain benefits.

### **HSI puts Arthroxin to the test**

Together, all the positive accounts were enough to intrigue me to take the investigation one step further, since Arthroxin is too new to have any formal clinical trials behind it. So here at HSI, we’ve decided to go the extra mile and conduct our own informal trial. We thought we’d see what kind of reaction four weeks’ use of Arthroxin would get from a team of professional downhill mountain bike racers. That’s right: They actually race bicycles down mountains. This sort of abuse puts joints on the fast track to aging—at least from a wear-and-tear standpoint. If Arthroxin can help these guys, we think there’s a great chance it will help you too.

In the meantime, as you’ve read, we’re already getting positive feedback from our associates and family members who have tried Arthroxin, and Dr. Tam has file cabinets full of patient testimonials. So if you’re interested in putting Arthroxin’s combination of cutting-edge technology and ancient herbal wisdom to work for you, see the Member Source Directory on page 12 for complete ordering information.



### Replace Vioxx with the 2 latest all-natural arthritis remedies

At HSI, we've covered natural arthritis remedies many times over the years. And now that Vioxx, the pharmaceutical drug many people relied on for pain relief, has been pulled from the market, we thought it was the perfect time to report on two of the latest all-natural, safe remedies we've come across—Kaprex and SierraSil.

#### A new day in arthritis treatment

In case you're not familiar with the Vioxx situation, here's a recap: Vioxx's manufacturer, Merck, recently launched a large, randomized trial of 2,600 patients with colon polyps in hopes of proving that Vioxx could help their condition. In the process, though, Merck discovered that 3.5 percent of the patients taking Vioxx suffered heart attacks or strokes vs. 1.9 percent taking a placebo. Based on this finding, Merck withdrew the drug from the market altogether.

This must have come as a devastating blow to those people who depended on Vioxx for arthritis relief.

But the good news is you're not limited anymore to treatments like Vioxx that just mask pain or put you at risk for unrelated, more serious problems. The natural joint relief products we're focusing on today don't trick your body by blocking pain receptors—they actually stop the cause of the damage to the joint.

#### Block your body's damage-causing signals

First, Kaprex. It works by interfering with signals in the body that result in the production of damaging compounds that cause your pain and negatively impact cartilage and other joint tissues.

To find the best candidates for the formula, product developers at Metagenics' MetaProteomics™ Research Center screened over 150 natural substances. These in-vitro tests examined each potential ingredient for efficacy by studying its effect on cell protein synthesis and activity.

The researchers compiled and analyzed thousands of data points and selected three based on their outstanding effectiveness—oleanolic acid, rosemary, and hops.

Recent data suggests that components of hops—such as reduced isoalpha acids—may inhibit the for-

mation of inflammation-causing prostaglandins.<sup>1</sup> The form added to Kaprex is a proprietary extract of hops called Luduxin™.

Oleanolic acid is derived from olive leaf extract. Research indicates that it may support joint health as a pain reliever as well as protect against potential damage to your stomach lining.

And rosemary leaf extract stimulates circulation and eases pain by increasing blood supply.

Although these herbs were chosen for their individual arthritis-relieving properties, the product developers found that when they put all of them together the effects were even better. Think of it as herbal teamwork.

According to Dr. Joseph Debe, a chiropractor and board-certified nutritionist, one of the things that sets Kaprex apart from other arthritis remedies, including over-the-counter pain relievers, is that it doesn't appear to cause stomach damage or irritation. Researchers have found that Kaprex has "minimal GI cell activity and therefore a high level of predicted GI safety."

Both non-steroidal anti-inflammatory drugs and Kaprex work by reducing the concentration of a body chemical called prostaglandin E2 (PGE2), but they do so through different mechanisms. PGE2 is a powerful hormone-like chemical that is responsible for producing the majority of the pain and inflammation associated with arthritis and other conditions.

Another impact of accumulated PGE2 is heightened sensitivity in your nerve fibers where even the slightest movement can cause inordinate pain. It takes a while for it to build up, so at first you may just be a little stiff and sore. But the symptoms increase progressively until any joint movement becomes a challenge and pain an unwanted constant companion.

The non-steroidal anti-inflammatory drugs reduce levels of PGE2 by inhibiting the activity of the enzymes that manufacture it. But, unfortunately, not only is PGE2 production reduced in joints, it's also reduced in gastrointestinal tissues. And a certain level of PGE2 is necessary to keep gastrointestinal tissues healthy. When PGE2 is deficient, it can contribute to ulcer formation.

On the other hand, Kaprex works through a



safer, "upstream" mechanism. It reduces the excessive formation of the PGE2- producing enzymes, rather than inhibiting their activity. It appears to actually reduce the message sent to the genes to manufacture the enzyme. This makes all the difference in production of gastrointestinal injury. The net effect is that Kaprex is active in joint tissues without affecting the gastrointestinal tract.

A recent study examined Kaprex's absorbability and bioavailability. Six subjects supplemented on different days with either one Kaprex tablet, three Kaprex tablets, or one Celebrex capsule. Their blood was drawn prior to dosing and at one, two, four, six, and eight hours after dosing. The blood samples were analyzed for their ability to reduce PGE2 levels.

Kaprex worked quickly and maintained effectiveness for hours, with activity beginning to decrease at eight hours. One tablet of Kaprex appeared to be as effective as one capsule of Celebrex and worked more rapidly. As you might expect, three tablets of Kaprex produced a significantly greater effect than just one tablet.<sup>2</sup>

Kaprex is available in 30- and 90-tablet bottles. The recommended dose is one tablet three times daily. According to Metagenics, you'll know whether it works for you within seven to 10 days. If it doesn't help, you can send back the bottle for a full refund.

### **The volcano cure for joint breakdown**

The other product is called SierraSil, and it's made from a distinct, naturally occurring volcanic mineral deposit mined only in an exclusive location high in the Sierra Mountains.

This distinct volcanic compound, which contains a uniquely balanced blend of 65 macro and trace minerals, has been shown to support joint mobility and flexibility, and based on what I've been told, is changing people's lives.

Even the manufacturing process is unique. It occurs naturally in a unique textured rock form, which is extracted from one specific surface mine site located five hours from the closest city. Once it's taken from the ground, it's put in barrels and moved to the manufacturer's location where it is pulverized, heated to ensure that there are no

micro-organisms present in the formula, then put into capsules.

### **Decrease cartilage breakdown by up to 73 percent in just one week**

The idea of volcanic rock used as a supplement to relieve arthritis pain struck us as odd, to say the least. So we checked in with our medical adviser, Dr. Martin Milner, to see what he could tell us. According to Dr. Milner, minerals derived from rock rather than plants are relatively difficult to absorb (usually 10 percent at best). He also cautioned that the distribution of elements in the volcanic rock may or may not be in safe concentrations and ratios. We went back to Sierra Mountain Minerals for an additional explanation regarding these concerns. At the time of publication, they didn't have any assays available to demonstrate the distribution of minerals in SierraSil. However they did offer results of a clinical trial performed on the product.

An in vitro study using human cartilage tissues and cells from osteoarthritis (OA) patients found that SierraSil reduced the breakdown of cartilage cells by 68 to 73 percent in just one week. According to the lead researcher of the study, Mark Miller, Ph.D., "SierraSil... may offer exciting new approaches to limiting the joint destruction and lack of mobility associated with arthritis."<sup>3</sup>

Based on results of this pilot study, the mineral complex is currently being investigated in a randomized, double-blind, placebo-controlled human clinical trial involving 120 patients with OA of the knee.

In the meantime, testimonials have been flooding in. They relate some pretty powerful stories. One woman's letter said, "I cried when I noticed for the first time in years I wasn't thinking about my pain." Another person commented, "After getting partial relief from natural remedies for joint problems I have finally found complete relief."

SierraSil comes in either capsule or powder form. They're both available in many health food stores across the country, and we've offered a phone-order source in the Member Source Directory on page 12. The recommended dosage for SierraSil is one capsule three times daily or one scoop of powder daily, mixed into juice, water, or food.



### Raw bar favorite offers arthritis relief

Imagine if you didn't need pain relievers every-day? Our research has uncovered something totally new—a completely safe and natural food extract that may be the most powerful anti-inflammatory compound ever discovered.

It's called Lyprinol, an active lipid fraction isolated from the New Zealand green-lipped mussel, or *Perna canaliculus*. According to centuries-old tradition, native Maoris believe that eating the green-lipped mussel leads to a long and healthy life. And, in fact, medical statistics show that arthritis and rheumatic disorders are unknown among the coastal-dwelling Maori.

Scientists have now determined that the anti-arthritic properties of the green-lipped mussel are due to the unique configuration of certain polyunsaturated fatty acids (or PUFAs) called Eicosatetraenoic Acids (ETAs). Related to the Omega-3 fatty acids found in fish, flaxseed, and perilla oil, ETAs display more intense and targeted anti-inflammatory and anti-arthritic activity than any other known PUFA or Omega-3 fatty acid.

Research in the 1970s and 1980s confirmed that something in the New Zealand green-lipped mussel had the ability to erase arthritic pain and stiffness. A double-blind, placebo-controlled trial conducted in 1980 at the Victoria Hospital in Glasgow, England, tested a powdered mussel supplement on 66 arthritis patients.<sup>1</sup> At the start of the six-month trial, all of the subjects had failed to respond to conventional treatment and were scheduled for surgery to repair badly damaged joints.

At the close of the trial, the researchers reported improvements in 68 percent of the rheumatoid arthritis (RA) patients and in 39 percent of the osteoarthritis (OA) patients. The scientists also noted the low incidence of adverse side effects.

#### **Nearly two decades later scientists perfect the solution**

For the next 18 years, leading scientists from universities and research labs in Australia, Japan, and France worked together to understand the secret locked within the green-lipped mussel. Step by incremental step, the scientists managed to identify the active biological fraction of the green-lipped mussel, isolate it without destroying its essential

properties, cleanse it of impurities, stabilize it, and standardize its potency for reliable results.

At every step of the way, clinical and laboratory studies confirmed that scientists were moving in the right direction. Their excitement mounted as each phase yielded a more potent and powerful compound. Even early versions of the green-lipped mussel extracts were found to be more effective than aspirin and ibuprofen in reducing inflammation.

But inflammation isn't the only thing it helped. In 1986, a trial of 53 RA patients, conducted by the Société Française de Biologie et Dietique (SFBDD) in Dijon, France, found that the green-lipped mussel extract reduced pain by 62 percent after six months, while those on a placebo had a 20 percent increase in pain.<sup>2</sup>

#### **Lyprinol: 200 times more effective than high potency fish oil in controlling swelling**

Ultimately, scientists zeroed in on the ETAs in the green-lipped mussel as the active ingredients responsible for its remarkable anti-arthritic effects. This specific grouping of ETAs is not found in any other known substance. The methods used to concentrate these active components in a pure and stable form have been granted patents in several countries. The final result is now available as Lyprinol.

Researchers at the University of Queensland in Brisbane, Australia, studied the efficacy of Lyprinol using laboratory animals with adjuvant-induced polyarthritis, which is the closest model for rheumatoid arthritis in humans.<sup>3</sup>

When administered as an oral supplement, Lyprinol reduced arthritis-related swelling in the animal's paws by more than 90 percent. It was also effective when rubbed directly into the affected area.

Comparisons of Lyprinol to other natural lipids, or fatty acids, known to be helpful in treating arthritis and inflammation, tested Lyprinol against flax oil, evening primrose oil, Norwegian salmon oil, and MaxEPA (a high potency fish oil product). Of these, Lyprinol was the most effective in preventing arthritis-related swelling, reducing swelling by 79 percent. MaxEPA was the next best at 50 percent. However, the real story is the



dosages used to achieve these results.

Achieving a 50 percent effectiveness rate required a dosage of 2000 mg/kg body weight of MaxEPA. But the effective dosage of Lyprinol was only 20 mg/kg—or 1/100 the amount. Extrapolations from these results suggest that the anti-inflammatory compounds in Lyprinol are 200 times more potent than MaxEPA (and 350 times more potent than evening primrose oil).

### **Outperforms arthritis drugs without harmful side effects**

Researchers also compared the effectiveness of Lyprinol to that of the prescription arthritis drug indomethacin, the mainstream drug of choice at the time of the study. A dosage of 5 mg/kg of Lyprinol was 97 percent effective in reducing swelling, while indomethacin was only 83 percent effective at the same dosage. Unlike indomethacin, Lyprinol is non-toxic and essentially free of side effects. In a 2000 study, researchers found that when compared to NSAIDs, three Lyprinol was “non-gastro toxic.”<sup>4</sup>

### **Recommendations for use**

Lyprinol is recommended for the alleviation of inflammatory conditions, including osteoarthritis, rheumatoid arthritis, and virally-induced arthritis.

While Lyprinol appears to be the most powerful anti-inflammatory and arthritis pain reliever yet discovered, it still won't rebuild or restore previously damaged cartilage. For the most complete healing of arthritis, we recommend you combine Lyprinol with a natural joint building supplement containing glucosamine and chondroitin.

**Recommended amounts:** The amount needed for optimal results can vary widely for each individual, but range between two and four capsules per day. A higher amount (up to six capsules per day) can be used for the first one to two weeks of use. It can take up to four weeks to evaluate the full benefit. In addition, the research suggests that rubbing Lyprinol onto swollen and tender joints can help relieve pain and swelling. To do this, simply open the capsule and squeeze the contents onto the affected area. See the Member Source Directory in the back of this report to learn how you can order Lyprinol.

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## **Chapter 8**

### **Relieve back pain with this inexpensive natural remedy**

When you have back pain, it affects everything you do. Everyday activities like carrying groceries or walking around the block can become a major challenge.

The mainstream offers NSAIDs, which can be effective for short-term relief - but can also cause negative side effects like gastrointestinal damage. The new prescription NSAIDs called COX-2 inhibitors are designed to avoid those problems—but they can be quite expensive. For many people, neither provides a good option.

But there is an all-natural remedy that is being shown to alleviate lower back pain as effectively as prescription drugs, without the risk of side effects—and without the steep price tag.

It's called willow bark extract, and it's been used by herbalists for many years to treat many types of pain. Several clinical trials have supported willow bark's efficacy against back pain. Now a new study shows that willow bark extract is just as effective as a popular prescription drug—at significantly

less expense.

### **Willow bark proven as effective as Vioxx—without the health risks**

Before Merck withdrew Vioxx from the market a German study tested the effectiveness of willow bark extract against rofecoxib, the generic form of Vioxx. The researchers recruited 228 people between the ages of 18 and 80. All had experienced lower back pain for at least six months, and their pain couldn't be attributed to any identifiable cause, like arthritis, disc prolapse, or trauma. Before treatment began, the participants rated their pain on several commonly used indices.

For four weeks, half the group took four capsules of willow bark extract each day, while another half took a single 12.5 mg tablet of rofecoxib daily. The two groups were similar in age, sex, height, weight, and duration and severity of pain. During the study period, the participants were contacted by phone



each week, and then the assessments were completed again at the end of the four weeks.

Here's what they found: willow bark extract was just as effective as rofecoxib at alleviating lower back pain. Both produced similar reductions on the various measurement tools used to assess the participant's pain. And while neither therapy caused many side effects in this study, the researchers noted that the side effects from rofecoxib "tended to be more severe" and "caused more withdrawals from the study." The most common side effect from both therapies was "gastrointestinal complaints," and four people had allergic reactions to the willow bark extract.

## **No reason to accept ANY side effect risks**

The active ingredient in willow bark extract is salicin, a natural anti-inflammatory. In the study, the extract was standardized to contain 15 percent salicin, and the participants took a dose equal to 240 mg of salicin each day.

With the availability of a safe, natural option like willow bark extract, there's no reason to take those risks. Based on the study results, you should watch closely to see that no allergic reaction occurs. But assuming it doesn't, this may just be the relief you've been looking for to help ease your lower back pain—and it won't break the bank, either.

### **Member Source Directory**

**Farabloc**, ABC Health Solutions; ph. (253)631-8270 or (206)949-2097; fax (253)639-2467; [www.abchealthsolutions.biz](http://www.abchealthsolutions.biz).

**Soothanol X2** NorthStar Nutritionals; P.O. Box 970 Frederick, MD 21705. (800)913-2592, [www.northstarnutritionals.com](http://www.northstarnutritionals.com).

**MigraSpray**, Nature Well, Inc., 110 West C Street, Suite 1300, San Diego, CA 92101; tel: (800)454-6790; [www.migraspray.com](http://www.migraspray.com). 1 bottle costs US\$39.95 plus US\$7.95 for shipping.

**Padma Basic** Econugenics; tel: (800)308-5518; [www.econugenics.com](http://www.econugenics.com). A 180-tablet bottle is US\$79.95 plus shipping and handling.

**Arthroxin**, Healthy Hotline; tel. (800)603-0339. One jar (generally a one-month supply) costs US\$35.00, plus shipping.

**Kaprex**, Center for Natural Medicine Dispensary; tel. (888)305-4288 or (503)232-0475; fax (503)232-7751; [www.cnm-inc.com](http://www.cnm-inc.com). A 30-tablet bottle costs US\$21.12 plus shipping; A 90-tablet bottle costs US\$50.60 plus shipping.

**SierraSil**, tel. (877)743-7720; [www.sierrasil.com](http://www.sierrasil.com). 45 capsules US\$24.95; 90 capsules US\$39.95.

**Lyprinol** The Vitamin Shoppe; 2101 91st Street, North Bergen, NJ 07047; tel: (800)223-1216 [www.vitaminshoppe.com](http://www.vitaminshoppe.com)



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**Cancer's Kryptonite:**  
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# CANCER'S KRYPTONITE: AMAZING NEW CANCER KILLERS

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### Cancer's kryptonite: HSI panelist tests breakthrough seaweed cancer treatment

It's a weed and a slimy weed at that. But unlike the ones that invade your lawn, this weed might actually do you some good. It has been credited as a primary cause for record-low cancer rates in Okinawa, Japan. It was used—with reported success—to treat and prevent radiation sickness following the Chernobyl meltdown in Russia. It has yet to be tested in a single human clinical trial. But according to panelist Kohhei Makise, M.D., the Japanese medical community is being inundated with reports of how this medicinal seaweed has helped thousands of patients fight cancer.

Dr. Makise recently wrote us a long, excited e-mail discussing several new natural remedies that are producing impressive results among Japanese patients. But in this report, we decided to focus on a natural immune builder and cancer fighter that's so new to North America that we'd never heard of it before.

It's called fucoidan, and it's a complex of polysaccharides (carbohydrates) found in brown seaweed, most commonly in an Asia-Pacific variety known as *kombu* or *Laminaria japonica*. The seaweed has been a dietary staple in Japan since the second century B.C. And in Okinawa—which posts Japan's highest per capita rates of *kombu* consumption—it has reportedly produced considerable health benefits. Okinawa residents who eat an average of 1 gram of *kombu* (containing roughly 5 mg of fucoidan) daily enjoy some of the longest lifespans in Japan and the single lowest cancer rate in the country.

#### Seaweed extract causes cancer cells to self-destruct

In the 1990s, scientists identified fucoidan as the primary immune-building substance in brown seaweed and began to test it.

In one case, researchers injected female lab rats with a carcinogen known to induce mammary tumors. They fed half of the rats a standard diet, fed the other half a standard diet plus daily helpings of brown seaweed containing fucoidan, and monitored the animals for 26 weeks. The fucoidan appeared to convey two substantial benefits. First, the fucoidan fed rats developed fewer tumors than the control rats: 63 percent developed breast cancer

vs. 76 percent of control rats. Second, the fucoidan-fed rats resisted developing tumors for longer periods of time: control rats typically developed tumors within 11 weeks, whereas fucoidan-fed rats remained cancer-free for 19 weeks.<sup>1</sup>

In other studies, oral and intravenous doses of brown seaweed proved anywhere from 61.9 to 95.2 percent effective in preventing the development of cancer in rats implanted with sarcoma cells.<sup>2</sup> One group of researchers described fucoidan as a “very potent antitumor agent in cancer therapy” after it inhibited the growth and spread of lung cancer in rats.<sup>3</sup> (That type of cancer is particularly resistant to chemotherapy.)

Various studies further demonstrated that fucoidan combats cancer in multiple ways:

- It causes certain types of rapidly growing cancer cells (including stomach cancer, colon cancer, and leukemia) to self-destruct (a process called apoptosis).
- It physically interferes with cancer cells' ability to adhere to tissue. That interference prevents the cancer from spreading (or metastasizing) to new areas.
- It enhances production of several immune mechanisms, including macrophages (white blood cells that destroy tumor cells), gamma interferon (proteins that activate macrophages and natural killer cells), and interleukin (compounds that help regulate the immune system).

#### Proof from the panelist's practice

But as Dr. Makise points out, fucoidan still needs to prove itself in large, double-blind, clinical trials involving creatures more evolved than guinea pigs.

Dr. Makise believes, however, that there is compelling evidence that fucoidan can help prevent cancer. Through his practice in Japan, Dr. Makise has seen that fucoidan can even help patients who already have cancer. He says that cancer patients benefit most by taking a combination of:

- fucoidan
- AHCC or other immune-enhancing mushrooms
- antioxidants, especially large doses of selenium
- *Enterococcus faecalis*—1 to 3 trillion dead bacterium (*Enterococcus faecalis* is a beneficial



bacterial found in the intestine. In addition to promoting healthy digestion and controlling bile acids that can cause colon cancer, it delivers certain immune-enhancing vitamins—like biotin and certain B vitamins—to the blood stream)

- essential daily vitamins and minerals (Dr. Makise recommends his patients take triple the recommended daily dosage of essential vitamins and minerals. He says it's especially important that cancer patients take daily supplements of selenium and zinc)
- a healthy lifestyle and diet that avoids meat, milk, and other animal proteins and fats.

"It is very effective for cancers that already exist, even end-stage metastases," Dr. Makise told us. "Each substance of this combination has a different mechanism to fight against cancer, so we get synergistic effects."

Fucoidan can be found in a product called Modipilan, manufactured by Fucoidan Sales. The product contains fucoidan, along with organic iodine—shown to promote maturation of the nervous system and alignate—a natural absorbent of radioactive elements, heavy metal, and free radicals. See the Member Source Directory at the back of this report for ordering information.

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## Chapter 2

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### News of astounding natural cancer killer nearly squashed forever

Recently, Health Sciences Institute uncovered a remarkable story about a natural cancer killer that had been kept under lock and key for over 20 years. With this information, the future of cancer treatment and the chances of survival look more promising than ever. There's a healing tree that grows deep within the Amazon rainforest in South America that could literally change how you, your doctor, and possibly the rest of the world think about curing cancer.

Since the 1970s, the bark, leaves, roots, fruit, and fruit seeds of the Amazonian Graviola tree have been studied in numerous laboratory tests and have shown remarkable results with this deadly disease.

Several years ago, a major pharmaceutical company began extensive independent research on it. They learned that certain extracts of the tree actually seek out, attack, and destroy cancer cells. Because the natural extracts themselves could not be patented, the company labored to create a synthetic copy that showed the same promise. After more than seven years of work behind closed doors, researchers at this company realized they couldn't duplicate the tree's natural properties with a patentable substance. So they shut down the entire project. It basically came down to this—if they couldn't make huge profits, they would keep the news of this possible cure a well-guarded secret. But one researcher couldn't bear

that, and decided to risk his job with the hope of saving lives.

#### Seven years of silence broken

This conscience-driven researcher contacted Raintree Nutrition, a natural products company dedicated to harvesting plants from the Amazon. In the course of working with Raintree on another story, they shared the exciting Graviola breakthrough with us. Since then, we've been looking closely into the research to date on Graviola. One of the first scientific references to it in the United States was by the National Cancer Institute (NCI). In 1976, the NCI showed that the leaves and stems of this tree were effective in attacking and destroying malignant cells. But these results were part of an internal NCI report and were, for some reason, never made public.<sup>1</sup>

Since 1976, there have been several promising cancer studies on Graviola. However, the tree's extracts have yet to be tested on cancer patients. No double-blind clinical trials exist, and clinical trials are typically the benchmark mainstream doctors and journals use to judge a treatment's value. Nevertheless, our research has uncovered that Graviola has been shown to kill cancer cells in at least 20 laboratory tests.

The most recent study, conducted at Catholic University of South Korea, revealed that two chem-



icals extracted from Graviola seeds showed comparable results to the chemotherapy drug Adriamycin when applied to malignant breast and colon cells in test tubes.<sup>2</sup>

Another study, published in the *Journal of Natural Products*, showed that Graviola is not only comparable to Adriamycin—but dramatically outperforms it in laboratory tests. Results showed that it selectively killed colon cancer cells at “10,000 times the potency of Adriamycin.”<sup>3</sup>

Perhaps the most significant result of the studies we’ve researched is that Graviola selectively seeks out and kills cancer cells—leaving all healthy, normal cells untouched. Chemotherapy indiscriminately seeks and destroys all actively reproducing cells, even normal hair and stomach cells, causing such devastating side effects as hair loss and severe nausea.

Grown and harvested by indigenous people in Brazil, Graviola is available in limited supply in the

United States and is distributed through Raintree Nutrition. But now, you can be among the select few in the entire country to benefit from this powerful treatment. We encourage you to consult with your doctor before beginning any new therapy, especially when treating cancer.

Graviola has been combined with seven other immune-boosting herbs in a product called N-Tense. As a dietary supplement, you should take six to eight capsules of N-Tense per day. Graviola and N-Tense are completely natural substances with no side effects apart from possible mild stomach upset at high dosages (in excess of 5 grams) if taken on an empty stomach.

If you’ve been diagnosed with cancer, you and your doctor should look into all the available treatment options. Graviola could just make all the difference in beating cancer. See the Member Source Directory at the back of this report for ordering information.

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## Chapter 3

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### **Hybridized mushroom extract destroys cancer cells and provides powerful immune protection**

Until now, the only way to get access to this remarkable immune booster was to live in Japan. For the last five years in Japan, people with cancer, AIDS, and other life-threatening illnesses—as well as healthy people who want to stay that way—have been revving up their immune systems, destroying tumor cells, and preventing cancer and other illnesses with a powerful extract called AHCC (activated hexose correlate compound). Now, AHCC is available to consumers in the United States.

AHCC is an extract of a unique hybridization of several kinds of medicinal mushrooms known for their immune-enhancing abilities. On their own, each mushroom has a long medical history in Japan, where their extracts are widely prescribed by physicians. But when combined into a single hybrid mushroom, the resulting active ingredient is so potent that dozens of rigorous scientific studies have now established AHCC to be one of the world’s most powerful—and safe—immune stimulators.

In vitro animal and human studies confirm that AHCC effectively works against and, in some cases, even prevents the recurrence of liver cancer, prostate

cancer, ovarian cancer, multiple myeloma, breast cancer, AIDS, and other life-threatening conditions, with no dangerous side effects.<sup>1</sup> In smaller doses, AHCC can also boost the immune function of healthy people, helping to prevent infections and promote well-being.

#### **Calling up your first line of defense**

Our immune systems stand between us and the rest of the world. Without it, our bodies would be overrun by bacteria, viruses, parasites, fungi, and other invaders, infections would rapidly spread, and cancer cells would proliferate. Like a highly responsive and well-coordinated army, our immune systems are composed of a variety of specialized immune cells that identify, seek out, and destroy microbes, pathogens, and tumor cells.

First on the scene of possible trouble are the phagocytes and natural killer (NK) cells, which respond quickly to potential threats. Often referred to as the body’s “front-line defense,” these cells are constantly on the look out for any suspicious substances. NK cells latch onto the surface of sub-



stances or the outer membranes of cancer cells and inject a chemical hand grenade (called a granule) into the interior. Once inside, the granules explode and destroy the bacteria or cancer cell within five minutes. Itself undamaged, the NK cell then moves onto its next victim. In its prime, a NK cell can take on two cancer cells at the same time, speeding up the process.

Recent research shows that as we age, our immune systems function less efficiently. In particular, the ability of our NK cells to respond quickly and effectively declines with age and illness. When NK cells lose their ability to recognize or destroy invaders, health can deteriorate rapidly. Moderately low to dangerously low NK cell activity levels have been found in people with AIDS, cancer, immune deficiency, liver disorders, various infections, and other diseases. Because measurements of NK cell activity are closely correlated with one's chances of survival, anything that helps increase NK cell activity may help people treat, recover from, and/or prevent these illnesses.

### **Research finds remarkable immune system boost in multiple ways**

Scientific studies of the extract AHCC, published in respected peer-reviewed journals such as *International Journal of Immunology*, *Anti-Cancer Drugs*, and *Society of Natural Immunity*, have established the health benefits and safety of AHCC more conclusively than nearly any other natural supplement.<sup>2-4</sup> What is especially remarkable about AHCC is that it consistently and effectively boosts immune system function. Specifically, AHCC:

- Stimulates cytokine (IL-2, IL-12, TNF, and INF) production, which stimulates immune function.
- Increases NK cell activity against diseased cells as much as 300 percent.
- Increases the formation of explosive granules within NK cells. The more ammunition each NK cell carries, the more invaders it can destroy.

- Increases the number and the activity of lymphocytes, specifically increasing T-cells up to 200 percent.
- Increases Interferon levels, which inhibits the replication of viruses and stimulates NK cell activity.
- Increases the formation of TNF, a group of proteins that help destroy cancer cells.

These dramatic immune effects translate into profound health benefits. A 1995 clinical trial reported in the *International Journal of Immunotherapy* showed that 3 grams of AHCC per day significantly lowered the level of tumor markers found in patients with prostate cancer, ovarian cancer, multiple myeloma, and breast cancer. This study documented complete remissions in six of 11 patients and significant increases in NK cell activity in nine of 11 patients. T- and B-cell activity levels also rose considerably.<sup>5</sup>

### **AHCC now available in the United States**

After years of successful use in Japan, AHCC is available in the United States as the active ingredient in a product called ImmPower. Distributed by American BioSciences, ImmPower comes in gelatin capsules containing 500mg of AHCC (proprietary blend).

ImmPower can be taken in preventive or therapeutic doses and should be discussed with your personal physician. For prevention, the recommended dose is 1 gram per day taken as one 500mg capsule in the morning and again at night. This dose will help increase NK cell activity and support immune system functioning for good health and general well-being. For those with cancer, AIDS, or other life-threatening conditions, the research indicates a therapeutic dose of two capsules in the morning, two at mid-day and two at night for a total of 3 grams per day to jump start NK cell activity. After three weeks, the dose can be reduced to 1 gram per day (one capsule in the morning and one at night), to maintain the increased NK cell activity level. See the Member Source Directory for purchasing information.



### The lactoferrin miracle

We're on the verge of a major medical breakthrough with lactoferrin.

Because of this unique extract, much of what we now consider state-of-the-art medicine—such as radiation, antibiotics, and chemotherapy—may eventually seem as primitive as bloodletting.

If lactoferrin proves to be as powerful as it promises to be, many deadly diseases that haunt our thoughts today will no longer frighten us.

#### **Where does lactoferrin come from and how does it work?**

From the moment you were born, lactoferrin—an iron-binding protein found in breast milk (colostrum)—was your first shield against infection and disease and your primary source of immune-system chemicals. The primary task of your immune system is to survey your body—organ by organ, tissue by tissue, cell by cell—to make sure that only the cells that are supposed to be there . . . are. When a healthy immune system recognizes a foreign substance—a virus or cancerous cell—it immediately fights to eliminate it.

Researchers discovered the significance of lactoferrin to the immune system while researching another mysterious biological phenomenon: pregnancy.

#### **What's so mysterious about pregnancy?**

Until recently, scientists had been baffled by the fact that a woman's body doesn't normally reject a fetus, which naturally contains the foreign antigens of the father. But the puzzle is beginning to unravel: Science has discovered that shortly after conception, a woman's immune system is down-regulated.

This is why her body does not reject the fetus as "foreign" matter. (For this reason, pregnant women should not take lactoferrin.) Immediately after delivery, however, her body produces colostrum, or the first milk, which restores her immune system and provides powerful immune chemicals to the infant. Lactoferrin is the primary immune-system chemical in first milk.

Studies have shown that the mother's first milk is the **only** source from which an infant can get these significant immune substances. Synthetic formulas can't offer the same nutritional, immunological, or

physiological value, despite efforts to produce formulas that mimic breast milk as closely as possible.

#### **Unraveling the healing mystery of lactoferrin**

Lactoferrin has at least two specific immune-boosting functions:

- It binds to iron in your blood, keeping it away from cancer cells, bacteria, viruses, and other pathogens that require iron to grow. The lactoferrin protein is able to sequester and release iron as needed, under controlled conditions. This property helps prevent harmful oxidative reactions, making lactoferrin a powerful antioxidant.
- It activates very specific strands of DNA that turn on the genes that launch your immune response. This is such a rare and surprising action that there is no other kind of protein like it. Lactoferrin is in a class by itself.

Lactoferrin also contains antibodies against a wide range of bacterial, fungal, viral, and protozoal pathogens. In effect, the lactoferrin protein backs budding cancer cells or bacteria into a corner . . . starves them and sends out a signal to your white blood cells that says, "It's over here! Come and get it!"

State-of-the-art techniques in cellular and molecular biology have recently allowed us to isolate lactoferrin from the "first food of life." The commercially available preparation is in a form in which the food hasn't been chemically altered.

#### **Widely used to support recovery from malignancies in animals**

Numerous studies on rats and patient case histories have documented the benefits of lactoferrin in helping to combat many types of malignancies.<sup>1,2</sup>

Many holistic practitioners use it and achieve great effects by combining it with other immune-enhancing natural tumor-fighting therapies. In one case, a leukemia patient (labeled the worst case the Mayo Clinic had seen in 20 years) had his condition reversed on lactoferrin. His white blood cell count rose, and his problems disappeared. This seemingly "hopeless" case was transformed into a remarkable recovery.

Other case histories indicate that the negative effects of conventional treatments like chemothera-



py and radiation are drastically reduced or eliminated with supplemental lactoferrin. (The amounts of lactoferrin used in these reported cases range from 500 to 1500 mg a day.) Again, it should be noted that lactoferrin appears to be perfectly safe, even in high doses.

### **What else can you use it for?**

Other clinical and case studies have shown that lactoferrin...

- contains an anti-inflammatory molecule—which means it can help if you suffer from the pain and debilitation of joint inflammation<sup>3</sup>
- plays a role in lessening ocular disturbance, which means it may help with vision problems<sup>4</sup>
- acts as a potent antimicrobial agent against *Candida albicans*<sup>5</sup>
- shows potent antiviral activity useful in reducing your susceptibility to viruses, including herpes and HIV<sup>6</sup>

If you're wondering how safe lactoferrin is, remember that it is nontoxic and is well tolerated by nursing infants.

### **Should you take it as a daily preventive?**

There are many everyday threats that wear down the immune system—such as environmental toxins, emotional and physical stressors, and genetic problems. Taking 100 mg of lactoferrin each day at bedtime, however, can help upgrade your immune system, so you can take full advantage of your natural defenses in a world full of potential health threats. For use in cancer recovery, up to 1500 mg a day can be taken without fear of side effects. And unlike penicillin or other synthetic drugs, your body will not become immune to the effects of lactoferrin, because it's something your body is familiar with and knows how to handle.

Since lactoferrin is a natural substance, large pharmaceutical companies aren't able to patent it and make millions. But it's available from a limited number of suppliers in the United States, and it shouldn't be overlooked as a powerful tool in the fight against serious diseases. Lactoferrin can be purchased under the product name of Immunoguard, manufactured by GoldShield Healthcare Direct. For information on purchasing lactoferrin, refer to the Member Source Directory at the back of this report.

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## **Chapter 5**

### **Stop cancer in its tracks with killer grapefruit**

Years ago, we published information on MCP's unique ability to stop cancer cells from spreading—or metastasizing—to other parts of the body. But, like many of the products and therapies we cover in Members Alert, at the time, MCP was showing exciting enough results for us to want to bring it to our members right away, but it was also still too new to have much research behind it.

Now, though, there's new research emerging on MCP, confirming its anti-cancer abilities—and shedding some light on just how it achieves these effects. It turns out it's another example of glyco-biology, the revolutionary new research field. And this real-life application of that cutting-edge theory is already demonstrating significant results in animal and human trials, against some of the most common—and deadly—kinds of cancer, like prostate, breast, colon, and lung.

#### **Targeting cancer's "getaway car"**

MCP comes from pulp and rinds of citrus fruits, like oranges and grapefruits, that have been modified so that they produce shorter sugar chains. These shorter sugar chains are more readily absorbed through the intestinal tract into the bloodstream, where they can do some pretty amazing things—particularly against cancer cells.

Sugar chains, or glycans, are critical to cellular communications. They bind to molecules on cell surfaces called carbohydrate-binding proteins (CBPs) or lectins and pass along all sorts of information. In this case, the sugar chains in MCP seem to target one very specific lectin called galectin-3 that plays an important role in cancer development.

Studies have repeatedly shown elevated levels of galectin-3 in cancerous tissues as compared to healthy tissues. The galectin-3/cancer link has been



found in many forms of cancer, including thyroid cancer,<sup>1,2</sup> gastric cancer,<sup>3</sup> pituitary cancer,<sup>4</sup> breast cancer,<sup>5</sup> and colorectal cancer.<sup>6</sup> Galectin-3 plays a role in a variety of biological functions related to cancer, including tumor cell adhesion, angiogenesis, apoptosis, and metastasis.<sup>7</sup>

Scientists think that galectin-3 accomplishes all of this in two different ways, each utilizing one end of its protein molecule structure. One end, called the C-terminal end, binds carbohydrate molecules on other cells, allowing cancer cells to adhere to each other and to healthy cells. This process allows cancer to spread, or metastasize.

The opposite end of the galectin-3 molecules is called the N-terminal. When a specific amino acid called serine binds to the galectin-3 molecule in a certain position on the N-terminal end, it triggers a series of biochemical reactions that protect the cancer cell from death, or apoptosis. Scientists believe this is a two-pronged defense: The galectin-3 kills off immune system cells that are attempting to attack the cancer cells, and it also forms a protective barrier around the cancer cells, shielding them from the effects of anti-cancer drugs and treatments like chemotherapy or radiation.<sup>8,9</sup>

### **MCP clogs the cancer-growth pipeline**

So what does all of this have to do with some grapefruit pulp? MCP's sugar molecules block the protein's ability to bind to carbohydrates on other cancer cells and on healthy tissues by binding to the galectin-3 carbohydrate receptor sites at the C-terminal end themselves. With their binding sites all clogged up, cancer cells can't clump together and can't metastasize by adhering to other areas. It's a perfect example of the sugar chain anti-adhesive properties.

But some scientists think there may be even more to MCP's effects on cancer cells. I spoke with Stephen Strum, M.D., a medical oncologist and researcher who co-authored a study on the effects of MCP on galectin-3. He suggests that "parking" MCP sugar chains in galectin-3's C-terminal may also turn off its N-terminal protective response, making cancer cells even more vulnerable.

Dr. Strum explained the theory this way: Imagine galectin-3 molecule's two terminals are like a see-saw. When one end is up, the other end is down; when one end is activated, the other is turned off.

That would mean that when MCP's sugar chains bind at the C-terminal end, the protective effect the

galectin-3 affords the cancer cell at the N-terminal end would be turned off.

More research is needed to validate this theory, but it highlights another exciting area of research into galactin-3 and the potential of MCP against cancer.

### **Slow tumor growth—even kill cancer cells**

While we may need more data to validate the see-saw theory, there is plenty of research demonstrating MCP's ability to halt or slow cancer development.

There have been several significant animal and laboratory studies demonstrating MCP's potential to stop or slow metastases and even kill cancer cells. In one study, mice were fed MCP in their drinking water and then injected with human breast cancer cells or human colon cancer cells. In all cases, MCP effectively inhibited tumor growth, spontaneous metastasis, and angiogenesis—the process by which cells develop new blood vessels.

In the breast cancer portion of the study, the tumor volume in mice treated with MCP was less than 1/3 of that of the untreated mice. And none of the MCP-treated mice developed lung metastases, while 66 percent of the untreated mice had tumors on their lungs at the end of the study.

The researchers found similar results in the mice injected with colon cancer cells. The primary tumors of MCP-treated mice were half the size of those in untreated mice. All of the untreated mice developed metastases in the lymph nodes, and 60 percent developed metastases in the liver. But only 25 percent of the MCP-treated mice developed cancer in the lymph nodes and none showed signs of cancer in the liver.<sup>10</sup>

As far back as 1995, scientists saw similar results in rats injected with human prostate cancer cells and treated with MCP. Nearly all of the untreated rats (15 out of 16) developed lung metastases in 30 days, while only 50 percent of the MCP-treated rats (seven out of 14) developed lung metastases. More than half of the untreated rats also developed lymph node tumors, while only 13 percent of the MCP-treated rats had metastases in the lymph nodes.<sup>11</sup>

### **Effective cancer therapy with no serious side effects**

It's an impressive body of evidence. The results seen in these studies rival the effects of many prescription cancer drugs. But what makes MCP even better is



that it doesn't appear to have any dangerous side effects or interactions. Fewer than 5 percent of people who take MCP report some flatulence or loose stools, due to its soluble fiber content. This can usually be managed by reducing the dose and slowly working back up to the recommended level. But compared to the toxic side effects of most conventional cancer treatments, these problems are very minor.

Again, it's important to use modified citrus pectin (MCP)—not just regular citrus pectin—to obtain these results; studies have shown that only MCP has the ability to inhibit cancer cell adhesion and impact galectin-3 activity.<sup>12</sup> In fact, nearly all of the research on MCP's effects has been conducted with the same formula.

It's called PectaSol, and it's manufactured by EcoNugenics of Santa Rosa, California. PectaSol was developed by Isaac Eliaz, M.D., M.S.. It's identical to

the MCP used in many of the studies cited above.

PectaSol is available in capsules or in powder form; according to Dr. Eliaz, most people prefer the powder form because the recommended daily dosage is quite high. To achieve the recommended dose of 14.4 g per day you'd have to take six capsules three times a day. You can achieve the same dosage by dissolving 5 grams of powder in water or juice three times a day.

If you're fighting cancer, talk to your doctor about adding modified citrus pectin to your treatment plan. It may help your body respond better to the treatments you're already undergoing. Or it may just give your body the extra boost it needs to help fight the disease on its own. Either way, it's a valuable addition to any anti-cancer arsenal. For product ordering information see the Member Source Directory.

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## Chapter 6

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### Is it really from heaven above?

#### The cancer miracle that leaves healthy cells healthy

Cancer treatment has come a long way since the use of mustard gas derivatives in the early 1900s—or has it? When doctors discovered during World War I that mustard gas destroyed bone marrow, they began to experiment with it as a way to kill cancer cells. Although they had little success with the mustard gas, it did pave the way for modern chemotherapy—which involves the most toxic and poisonous substances anyone deliberately puts in his body. These treatments kill much more than cancer cells—they have a devastating effect even on healthy ones.

Sometimes it seems as if only a miracle could provide a cure that's both safe and effective. And a miracle is just what Dr. Mate Hidvegi believed he found when he patented Avemar, a fermented wheat germ extract. Studies have shown that Avemar reduces cancer recurrence, cuts off the cancer cells' energy supply, speeds cancer cell death, and helps the immune system identify cancer cells for attack.

#### A miracle in the making

Back in World War I, Dr. Albert Szent-Györgyi (a Nobel Prize recipient in 1937 for his discovery of

vitamin C) had seen the effects of mustard gas up close and personal and was determined to find a safer alternative for cancer treatment. His goal was to prevent the rapid reproduction that is characteristic of cancer cells. He theorized that supplemental quantities of naturally occurring compounds in wheat germ called DMBQ would help to chaperone cellular metabolism, allowing healthy cells to follow a normal course but prohibiting potentially cancerous ones from growing and spreading. His early experiments, published in the *Proceedings of the National Academy of Sciences USA* in the 1960s, showed effects of naturally occurring and synthetic DMBQ against cancer cell lines, confirming his theory.

But it was then that the science community shifted its focus to killing cancer outright—at any cost. His approach, seen as negotiating with the enemy as opposed to destroying it outright, was cast to the side.

It wasn't until the fall of communism in Hungary in 1989—when scientists were allowed for the first time to pursue independent, personal interests—that Dr. Hidvegi picked up where Szent-Györgyi left off.



But when Hidvegi's funding ran out, it seemed as if the research would once again be set aside. He had no money, he had no prospects, and his wife insisted he give up his research and find a *paying* job.

They were desperate. Yet he did still have one thing at that time—faith. Being a devout man, Dr. Hidvegi prayed to the Virgin Mary for guidance—and an investor.

Miraculously, the very next day a stranger wrote Hidvegi a check somewhere in the \$100,000 range. With that money, he was finally able to patent a technique of fermenting wheat germ with baker's yeast. He named this fermented product Avemar in tribute to the Virgin Mary (*Ave* meaning hail and *Mar* meaning Mary). It became the standard compound for research and later commercialization because it assured a longer shelf life while maintaining its live food status.

Avemar is supported by more than 100 reports (written for presentation or publication) conducted in the U.S., Hungary, Russia, Australia, Israel, and Italy and is validated by the publication of more than 20 peer-reviewed publications describing in vitro, in vivo, and human clinical trials.

### **Reduce cancer recurrence**

Since 1996, over 100 studies done on Avemar have impressed oncologists and cancer researchers. Studies have shown that when Avemar is used as an adjunct treatment, it enhances the effects of the standard treatment agents. It's particularly effective in reducing the chances of cancer recurrence.

In a controlled study, 170 subjects with primary colorectal cancer either had surgery and standard care with chemotherapy or the same plus 9 g of Avemar taken once a day. Only 3 percent of the people in the Avemar group experienced a recurrence, vs. more than 17 percent of those in the chemo-only group. The Avemar group also showed a 67 percent reduction in metastasis and a 62 percent reduction in deaths.<sup>1</sup>

In a randomized study, 46 stage III melanoma patients with a high risk of recurrence either had surgery and standard care with chemotherapy or surgery plus standard care and 9 g of Avemar taken once a day. Those taking Avemar showed approximately a 50 percent reduction in risk of progression.<sup>2</sup>

In a one-year, non-randomized trial of 43 patients with oral cancer, 21 patients received

### **Rejuvenate your immune system**

Although Avemar was born out of cancer research, it can also help if you don't have cancer. In fact, since one of its main actions is to keep your immune system operating at peak performance, there really isn't anyone who *can't* benefit from it. The biological state of aging counteracts your immune function, particularly after the age of 40. Many of the symptoms generally associated with simply "aging" are due to the declining ability of the immune system to differentiate between "foreign" proteins and natural ones. When this happens, the immune system not only becomes less capable of resisting infection and cancer but also begins to attack the body's own healthy tissues.

Avemar has been shown to normalize the imbalance in the immune system that results from age and stress. It has also been shown to improve the ability of T-cells to respond to antigens and the ability of B-cells to produce antibodies. And it enhances the functioning of macrophages—the key players in the immune response to foreign invaders like infectious microorganisms. So Avemar supports and enhances overall immune strength, coordination, and function.<sup>7</sup> In a sense, it rejuvenates your aging immune system.

surgery and standard care while 22 others received the same plus Avemar. The Avemar group showed an 85 percent reduced risk of overall progression. Plus, only 4.5 percent of the patients in the Avemar group experienced local recurrences as opposed to more than 57 percent of the people in the standard care group.

Avemar also reduced the frequency and severity of many common side effects, including nausea, fatigue, weight loss, and immune suppression.

### **Cut off cancer cells' energy supply**

One of Avemar's most unique benefits is that it cuts off cancer cells' energy supply by selectively inhibiting glucose metabolism. Cancer cells love glucose: It fuels the voracious growth and spread of tumors. In fact, cancer cells utilize glucose at a 10- to 50-times higher rate than normal cells do.

Cancer cells that have a higher rate of glucose



utilization have a greater chance of spreading. It's on these cells that we see Avemar's most dramatic effects. In fact, the greater the metastatic potential of the cancer cell line tested, the higher the glucose utilization rate and the more dramatic Avemar's effect.

Typical cancer treatments like chemotherapy kill off all cells—cancerous and healthy ones alike. But because of how Avemar interacts with glucose, it can selectively attack cancer cells while leaving healthy cells alone. Studies have shown that it would take a 50 times higher concentration of Avemar than is in a normal therapeutic dose to inhibit glucose utilization in normal healthy cells.

### **Avemar speeds cancer cell death**

The second way Avemar works against cancer is to keep cancer cells from repairing themselves. Cancer cells reproduce quickly and chaotically, producing many breaks and other mistakes in the cellular structure. Because of this, cancer cells need a lot of the enzyme known as PARP (poly-ADP-ribose) to repair breaks in DNA before the cells divide. Without adequate PARP, cancer cells cannot complete DNA replication. When there's no PARP to repair the damage, an enzyme called Caspase-3 initiates programmed cell death.

Avemar has been shown to speed up the death of cancer cells by inhibiting the production of PARP and enhancing the production of Caspase-3.<sup>3</sup>

Researchers at UCLA also showed that Avemar reduces the production of RNA and DNA associated with the rapid reproduction of cancer cells. It also restores normal pathways of cell metabolism and increases the production of RNA and DNA associated with healthy cells.<sup>4</sup>

### **Undercover cancer cells exposed**

Avemar also acts as a biological bounty hunter for disguised cancer cells. Healthy cells have a surface molecule called MHC-1 that tells natural killer (NK) cells not to attack. Virally infected cells don't display this molecule, which makes them targets.

But cancer cells have also been shown to display the surface molecule MHC-1, which means that cancer cells can actually hide from NK cells. Avemar helps the immune system identify cancer cells for attack by suppressing their ability to generate this MHC-1 mask, which allows the NK cells to recognize it as a target for attack.<sup>5</sup>

## **Children with cancer get a fighting chance**

Possibly one of the most powerful studies on Avemar shows its effectiveness on children with cancer. Most forms of pediatric cancer have high cure rates from chemo-therapy as compared with adult cancers, but one of the limiting factors in using chemotherapy to treat children is the infection that can often occur during treatment.

Infection often sets in because chemotherapy kills large numbers of the child's infection-fighting white blood cells and destroys many of the bone marrow cells that produce them.

Doctors aware of the immune-enhancing properties of Avemar wanted to learn if it could possibly prevent the life-threatening infections that often occur in pediatric cancer patients.

A recent study published in the prestigious medical journal *Pediatric Hematology Oncology*, showed that such infections and the fever that accompanies them (called febrile neutropenia) were reduced by 42 percent in the children given Avemar after chemotherapy, compared to those not getting Avemar.<sup>6</sup>

Avemar has this effect because it helps rebuild the immune system, increasing the number and activity of functioning immune system cells. It's clear that, unlike conventional cancer therapy, Avemar does not produce side effects—it reduces them. It also allowed the children in the study to take more cycles of chemotherapy, increasing the chance of a cure.

### **As toxic as a slice of bread**

As dangerous as Avemar is for cancer cells, it won't harm the rest of your body. In fact, according to an independent panel of medical, food safety, and toxicology experts: "Avemar is as safe as whole wheat bread."<sup>8</sup>

In Hungary, where it was developed and is manufactured, it is classified as a "dietary food for special medical purposes, for cancer patients" and is a standard therapy for patients with cancer. It is available as a food or dietary supplement in several other countries as well, including Austria, Australia, Switzerland, Italy, Slovakia, Czech Republic, Russia, Israel, and South Korea.

Avemar is made using a patented process that yields a uniform, consistent, all-natural dietary supplement. Although it is not certified organic, it is free of



chemicals and synthetics. According to our contacts at American BioSciences, the exclusive North American distributor of Avemar, there is simply no comparison between their product and other wheat germ products on the market because it is the only one supported by research demonstrating its effectiveness in maintaining normal, healthy cellular metabolism and immune regulation.<sup>9</sup>

But since this is a wheat product, there is the potential for allergic response. Although the process of making the product removes all gluten, the principal allergen in wheat, the product can still come in contact with gluten-containing wheat. American BioSciences says that Avemar should not be consumed by people who have had an organ or tissue transplant, those who have malabsorption syndrome, or those with allergies to foods containing gluten, such as wheat, rye, oats, and barley.

It's also not recommended for people with fructose intolerance or hypersensitivity to gluten, wheat germ, or any of the components or ingredients of this product.

If you suffer from bleeding ulcers, you should stop using Avemar two days before undergoing a barium X-ray contrast examination and resume taking it two days after the completion of the examination. This precaution is necessary because wheat germ contains lectin, which can potentially cause red blood cells to clump.

If you are currently taking medications or have any adverse health conditions, you should consult with your pharmacist or physician before taking Avemar.

## **Unique delivery system makes fighting cancer easier—and even tasty**

The Avemar product our contacts at American BioSciences offer is an instant drink mix called Avé, which combines Avemar with natural orange flavoring and fructose in pre-measured packets.

As a dietary supplement, the recommended usage is one packet per day mixed with 8 oz. of cold water (or any other beverage containing less than 10 mg of vitamin C). I found that the best way to mix it is to shake it in a closed container. When I tried it, it reminded me of Tang, though it wasn't quite as sweet.

You should consume it within 30 minutes of mixing a batch. Also note that it's a good idea to take Avé one hour before or after a meal and two hours before or after any drugs or other dietary supplements.

If you weigh over 200 pounds, use two packets per day. If you weigh under 100 pounds, only use half of a packet per day. Consult with a healthcare professional for recommended usage levels for children, for guidance on alternative usage levels, and for use in combination with other dietary supplements.

Most people who use Avé daily notice an effect within three weeks, reporting improvements in appetite, energy, and general quality of life.

If you work with your health care professional to use Avé as an adjunct cancer treatment, you should know that it will take a good three months before you will see a change in objective measurements—such as blood markers, CAT scans, MRIs, etc. Although some people reported uneasiness in their stomachs during the first few days of using Avemar, the effect only lasted a few days. No vomiting, diarrhea, or any other symptoms were reported.



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# HEALTH SCIENCES INSTITUTE

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*SPECIAL RESEARCH ALERT*

## **Diabetes Defeated:** *From Insulin Dependent to Non-Diabetic in 6 Weeks Flat*





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# DIABETES DEFEATED: FROM INSULIN DEPENDENT TO NON-DIABETIC IN 6 WEEKS FLAT

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## **Prevent—even reverse—diabetes damage with the vitamin “teacher” breakthrough**

Think of glucose as a school yard bully constantly goading your cells and getting them into trouble. If you're a diabetic, all of your cells are surrounded by blood that contains elevated glucose levels. Many of them manage to remain unaffected and keep internal glucose levels normal. But certain cells are unable to regulate glucose and instead develop high internal levels of sugar, which they can't completely metabolize. This creates reactive oxidative stress (ROS) within the cell and sends your body into a tailspin that can result in conditions typically associated with diabetes, such as neuropathy and vision loss.<sup>1</sup> And once these conditions set in, they're usually permanent, since there are no mainstream drugs or other formulas designed specifically to treat the complications of diabetes.

So your cells need help in order to learn how to exist in the negative environment associated with high blood sugar. What they need is a positive role model. And research is now showing that the simple B-vitamin thiamine might be just the teacher your cells need.

We've found a new form of thiamine that has only recently become available in the United States. Just a small amount prevents glucose-induced problems from occurring and may also help reverse damage that's already been done.

### **Are you “browning” with AGE?**

It's a vitamin we don't hear much about, but, in fact, your body needs thiamine more than you might imagine—especially if you're a diabetic. It plays a vital role in carbohydrate metabolism within all cells of the human body. There have been suggestions for many years that diabetic patients have impaired absorption of thiamine and may display low levels of thiamine deficiency.<sup>2</sup> Plus, surges of glucose can destroy thiamine, leaving the cells with a functional deficiency, meaning they still work but not as well as they could if they had the thiamine they need. If your thiamine level is deficient, it throws the whole system off. Without adequate thiamine, your cells are

literally soaking in a toxic glucose bath. This gives glucose ample opportunity to move in and cause all sorts of problems, from fatigue to neuropathy.

High plasma glucose concentrations are responsible for increased mitochondrial free radical production and subsequent inactivation of your cells' natural protectors. To add to the problem, not only are your cells' natural defense mechanisms disabled, but glucose also activates three pathways of metabolic damage and boosts the formation of advanced glycation endproducts, or AGEs, as they're appropriately called. AGEs are the end result of the complex chemical process through which the structure of proteins is warped by exposure to sugars or by other, much more reactive molecules. AGE chemistry is the cause of the “browning” you see when you roast a chicken or make toast, but the same process is at work in your body every day of your life—in your arteries, your kidneys, your heart, your eyes, your skin, your nerves. In every cell, the sugar that your body uses for fuel is busily at work at this very moment, browning your body and leading to problems like fatigue and premature aging.

Essentially, glucose harmfully saturates your cells and destroys their natural defense mechanisms. But by normalizing thiamine levels in the cells, you can help your cells learn how to navigate this environment by activating alternative paths and offsetting negative reactions like the formation of AGEs. As a result, metabolic balance may be restored, potentially protecting against kidney, eye, and nerve damage due to diabetes.<sup>4</sup>

Knowing all this, researchers tested the potential benefits of supplementing with thiamine, but all the available thiamine supplements were water soluble, and the body breaks them down and excretes them too quickly for any therapeutic effect to set in. So, thanks to problems with absorption, initial thiamine/diabetes research exhibited less-than-impressive results. But more recently, researchers released a study using a



fat/lipid-soluble form of thiamine. This study not only confirmed scientists' original hypotheses about thiamine's potential for diabetes but also confirmed hope for millions of people looking for ways to fight back against the disease.

### **300% boost in enzyme activity holds off damage from diabetes**

The factor that made the significant difference in this study is a supplement called benfotiamine, a lipid/fat soluble derivative of vitamin B1 (thiamine). In the presence of allicin, the active principle of garlic, the water-soluble thiamine hydrochloride is transformed into a lipid-soluble compound.<sup>5</sup> According to studies, as an oral supplement, benfotiamine is absorbed more rapidly and for longer periods than water-soluble thiamine.<sup>6-10</sup> And its unique structure enabled it to pass directly through cell membranes, readily crossing the intestinal wall and being taken straight to the cell. As a result, your body absorbs benfotiamine better than thiamine itself and levels of thiamine remain higher for longer. Thiamine absorption from benfotiamine is about five times higher than conventional thiamine supplements. So benfotiamine has more time and opportunity to work with your cells, teaching them how to handle the difficult situations glucose puts them in.

Benfotiamine was developed in Japan in the late 1950s to treat alcoholic neuropathy, sciatica, and other painful nerve conditions. Japanese researchers patented the process in 1962. It has been used for over a decade in Germany. And although it has been used successfully for over 12 years in Europe for the prevention and relief of symptoms in people already suffering with various neuropathies, it has only recently been introduced into the United States.<sup>11</sup>

Benfotiamine came into the American limelight when a research team led by Dr. Michael Brownlee published the results of its study. Initially, the researchers set out to inhibit or block damage to the cells by using thiamine to boost the activity of a substance called transketolase, which provides a way for the cells to use up the glucose metabolites that are responsible for most of the damage seen in diabetes.<sup>12</sup>

Transketolase does this by safely directing excess glucose to the correct pathway, offsetting potential cellular damage. However, standard thiamine only increased transketolase activity by

about 20 percent.

German research colleagues suggested the lipid-soluble thiamine that had been used for over a decade in Germany—benfotiamine. According to Dr. Brownlee, the results were dramatically better: "It turned out that benfotiamine boosted the activity of the enzyme transketolase by 300 to 400 percent—something we never could have predicted."

The end result of increased transketolase is reduced levels of glucose. But benfotiamine may take this one step further. By boosting transketolase's activity, the researchers reasoned, benfotiamine might be able to reverse glucose's reckless activity—essentially converting the two damage-triggering glucose metabolites into harmless chemicals and preventing all three damaging biochemical pathways from being activated.

### **Small drop in glucose levels has a major impact on symptoms**

HSI often talks alot about how small changes in things like exercise and diet can make a big difference for diabetics. To demonstrate how significant even a small reduction of glucose can be, consider the Diabetes Control and Complications Trial, which was conducted from 1983 to 1993 by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). This study showed that keeping blood glucose levels as close to normal as possible slows the onset and progression of eye, kidney, and nerve diseases caused by diabetes.

In fact, it demonstrated that any sustained lowering of blood glucose helps—even if the person has a history of poor control. HbA1c (glycosylated hemoglobin) reflects average blood glucose levels over a two- or three-month period. In this study, researchers found that even a 2 percent decrease of blood glucose levels was associated with dramatic results: a 75 percent reduction in risk of developing eye disease, a 50 percent reduction in the risk of kidney disease, and a 60 percent reduction in nerve disease.<sup>13</sup>

Dr. Brownlee's animal research with benfotiamine supports these findings. His chemical analysis showed that all three potential damage-causing biochemical pathways had been "normalized" in the benfotiamine-treated diabetic laboratory animals so that their retinas were biochemically identical to normal retinas. Benfotiamine also prevented diabetic retinopathy in the animals, since microscopic examination revealed that the retinas of benfotiamine-treated diabetic



animals were free of vascular damage.

Numerous other researchers have concentrated their efforts on benfotiamine's AGE-blocking mechanisms because they would limit the wear and tear on the body's cells and allow individuals, particularly diabetics, to live longer and healthier lives. In the research we've seen, benfotiamine has emerged as the premier AGE inhibitor.<sup>14-20</sup>

### **Dosage concerns require extra care**

Dr. Brownlee is currently applying to the U.S. Food and Drug Administration to test benfotiamine as an Investigational New Drug. Since his research has been focused on animals, he is eager to study benfotiamine's potential human benefits.

Although some dosage regimens start out with high doses and scale back down, Robert C. Holladay, M.S., who has compiled a great deal of benfotiamine research, recommends a more moderate approach. He asserts that, "Ingestion of benfotiamine may result in the elimination of AGE-protein cross-links, which are a major constituent of arterial plaque. I am concerned about the rapid manner in which it may cause the removal of plaque from blood vessels.

If the plaque is being removed, a large chunk might break off and cause a stroke or heart attack. If I was older than 60 or if I had a serious problem with high blood pressure I would probably start out by taking very low doses of benfotiamine and gradually increase my dosage. Of course, there are no reports of strokes or heart attacks from benfotiamine in the medical literature, but it is a thought to consider."<sup>21</sup>

Many researchers suggest beginning with a lower daily dose and then raising the amount every two weeks until benefits are being realized. This approach would look something like this: 200 to 300 mg per day for the first two weeks, then raise the dose to 300 to 450 mg daily. You may need to increase your dosage to 400 to 600 mg daily, depending on the severity of your condition. Once you reach the ideal level for you, this becomes your maintenance dose.

Benfotiamine, combined with exercise and a balanced diet, appears to be the next step in fighting diabetes and preventing it from causing too much damage to cells. Or as I like to think of it, a way for you and your cells to really teach glucose who's boss.

## **Dodge the sugar bullet—and double your chances of beating this leading killer**

For years, HSI Panelist Jon Barron had resisted suggestions that he devise an approach for battling diabetes. His reluctance, he told me, stemmed from his belief that using formulas to manage the symptoms of diabetes without dealing with the underlying causes ultimately fails. The responsible approach, he thought, was to help people optimize the health of the organs in the body that control blood sugar levels—not to treat the symptoms after people had the disease.

But the realities of the American diet finally changed his mind, and he began to look at botanicals that could actually accomplish both things simultaneously, help control blood sugar levels and help rebuild the organs that control those levels—not just in diabetics and pre-diabetics, but in anyone eating a less than perfect diet.

A number of herbs, including milk thistle, bitter melon, ginseng, and aloe, are used to control

blood sugar. Ayurvedic medicine offers more than 44 different herbal therapies and formulas for diabetes. Both fenugreek and gymnema, for example, come from this tradition. And these two have been the subject of 30 different studies of varying degrees of scientific rigor in Indian and Western literature. Only two did not favor the treatment being tested.

After investigating a number of botanicals, Barron settled on four. The first two come from the Ayurvedic tradition and the third from Japan. There is extensive research, including clinical trials, on these three. The fourth, nopal cactus, has a folk tradition in the American Southwest and Mexico; research on it is promising, but not as extensive as the others.

It's worth noting that several of these botanicals also impact high blood pressure and abnormal blood lipid levels, both characteristics of pre-diabetes, as well as blood sugar levels. Evidence suggests that one even regenerates cells in the pancreas, which, in turn,



facilitates healthier insulin levels.

### **Blood sugar levels plummet by 30 percent with one herb**

Seeds from fenugreek plants (*Trigonella foenum-gracum*) have long been used in India, Africa, and the Middle East to treat gastrointestinal problems, gout, wounds, hyperlipidemia, and diabetes. Clinical research dating back to 1939 suggests that fenugreek helps normalize how the body absorbs and uses glucose. The seeds contain a rare type of fiber that forms a gel inside the stomach, reducing its ability to absorb sugar and fat. The gel also makes the stomach feel full faster and longer, promoting weight loss.

On average, participants in fenugreek clinical trials have seen their fasting blood sugar drop by 30 percent, their sugar levels after eating drop 20 to 35 percent, and their hemoglobin A1C drop by 12 percent. (The A1C test is an index of diabetes severity that measures the average amount of sugar molecules that have attached to red blood cells.) In one study, participants experienced a 54 percent drop in urinary glucose levels.<sup>1</sup>

Other clinical trials have shown that fenugreek can reduce total cholesterol, LDL and triglyceride levels, particularly in individuals suffering from coronary artery disease and type 2 diabetes.<sup>2,3</sup> In short, it may help diabetics reduce both their blood sugar and blood lipid levels.

However, the news isn't all good. To get those effects, some study participants had to take large amounts—as much as 100 grams a day—of a herb that tastes acutely bitter and makes for foul smelling sweat and urine. In addition, fenugreek can trigger some side effects, specifically cramping, diarrhea, flatulence and other gastrointestinal disorders. But a recently developed extract eliminates some side effects (specifically, the taste and odor) and concentrates the active ingredient, making smaller doses possible. Fenugreek, however, is still contraindicated in some circumstances. Because of its high fiber content, it can alter your absorption of other medications (such as anticoagulants, MAO inhibitors, and hypoglycemic medications) and change their effectiveness.

### **Herbal “sugar killer” makes sweets hit a sour note**

A woody vine used in Indian medicine for over 2,000 years, gymnema sylvestre is commonly

known as the “sugar destroyer.” A peptide found in the plant blocks certain receptor sites on our taste buds and eventually makes sugar taste, well, not sweet.<sup>4</sup> But gymnema does more to ease diabetes symptoms than quell our sugar cravings.

Gymnemic acid (a key active ingredient) fills sugar receptor sites in the intestine, too, making them unavailable to ingested sugars. If the sugar you eat doesn't get digested, it doesn't filter into your bloodstream. Clinical research also indicates that gymnema regenerates beta cells in the pancreas (which are involved in insulin production), stimulates the release of increased amounts of insulin, and increases the permeability of cells so that they absorb more insulin.<sup>5</sup>

Several clinical studies have measured gymnema's effect on both type 1 and type 2 diabetes. Type 1 diabetics who took 400 mg for 6 to 30 months saw their blood sugar levels drop 52.6 percent on average.<sup>6</sup> Most participants in an 18-month study achieved such significant and consistent blood sugar decreases that they were able to reduce their medication. Five participants were able to discontinue insulin use entirely and maintain healthy blood sugar levels by taking only 400 mg of gymnema sylvestre extract daily.<sup>7</sup>

To date, no one has reported experiencing adverse side effects from the herb, and it is not contraindicated for any condition. No tests, however, have been conducted to determine whether it can be safely taken by pregnant women.

### **Ancient blood sugar controlling secret also drops blood pressure and cholesterol**

You've probably never heard of konjac mannan (I know I hadn't before I started researching this article), but it's been used as a food remedy for over 1,000 years in Japan. And it's also been tested in a number of clinical trials. In a 65-day trial, 72 patients with adult-onset diabetes who took konjac saw their fasting blood sugar levels drop an average of 51.8 percent and their levels after eating drop 84.6 percent.<sup>8</sup> In an eight-week trial, pre-diabetics reported improvements in their blood sugar and cholesterol levels. On average, their total cholesterol dropped by 12.4 percent, LDL levels dropped by 22 percent, and LDL/HDL ratios fell by 22.2 percent.<sup>9</sup>

Other benefits have been reported for konjac. Patients with type 2 diabetes also suffering from high cholesterol and high blood pressure experienced an average drop in their systolic blood pressure of 6.9 per-



cent after supplementing with konjac mannan.<sup>10</sup> Twenty obese individuals who took konjac for eight weeks lost an average of 5.5 pounds even though they were explicitly told not to change their diet or exercise routines. They also experienced significant reductions in their LDL and total cholesterol levels.<sup>11</sup>

At the University of Toronto, researchers concluded that konjac mannan extract is two to four times more effective than pectin, psyllium, guar, oats, and other fibers at reducing cholesterol. It also proved to be equally effective as statin drugs at lowering LDL cholesterol and as some conventional diabetic agents, such as Acarbose, at controlling blood sugar levels.<sup>12</sup>

### **Fiber-rich Indian remedy solves prickly problem of sugar/fat conversion**

Leaves from the nopal cactus, commonly known as the prickly pear cactus, have long been regarded as health food by native peoples in Mexico and southwestern United States. There's not a lot of clinical research into the botanical's medicinal benefits, but anecdotal evidence and several small studies suggest that eating nopal leaves with a meal can help contain and even reduce serum glucose levels.<sup>13</sup> Individuals with type 2 diabetes have experienced a 10 to 20 percent reduction in blood sugar levels after eating nopal. Researchers aren't certain how nopal lowers blood sugar, but they suggest that its rich fiber content inhibits the absorption of glucose in the intestinal tract.

A larger body of research indicates that nopal can reduce both cholesterol and triglyceride levels.<sup>14</sup> Researchers have suggested that it accomplishes this by eliminating excess bile acids (which eventually turn into cholesterol) and by inhibiting the conversion of blood sugar into fat.

### **This four-in-one solution kicks sugar and fat metabolism into overdrive**

These four botanicals make up what Jon Barron refers to as his "sugar, lipid metabolic enhancement formula," officially called Glucotor. It's designed to offset the impact of high-sugar, high-fat foods. In pre-diabetics and non-diabetics, it can help promote healthier blood sugar and cholesterol levels...and a healthier weight. Jon told me he takes it himself on occasion and avoids the sleepiness that follows a few hours after indulging in a meal that's a little too rich or too sweet.

For diabetics, Glucotor may have even bigger ramifications. Although the formula hasn't under-

gone clinical trials, one physician has tested it in his family practice in Evansville, Indiana, on diabetic patients. According to Barron, "It produced results that the doctors have not seen before, even with hard core drugs," including dramatic changes in blood sugar levels.

### **Patients find fast diabetes and hypertension relief—without prescription drugs**

To find out more, I called Anthony Hall, M.D., the physician in Indiana. It turns out that he's in training to be a naturopathic doctor, and he was happy to provide information on the 15 patients who agreed to take the formula.

Three of them, he told me, dropped out of the trial due to digestive problems caused by the product. (The formula can stimulate large, urgent bowel movements, so people just starting the supplement may want to take only half of the standard daily dose and give their digestive systems a chance to adjust.)

He monitored the effect of Glucotor on his patients' blood sugar, blood pressure, and cholesterol levels, and cautions that, if you're on medication to control any of those levels, you absolutely should consult with your doctor before trying Glucotor and arrange to have your levels checked regularly.

One of Dr. Hall's patients was a 56-year-old woman who had been on varying doses of insulin and oral hypoglycemics since she was diagnosed with diabetes in 1993. Before she began taking Glucotor, her hemoglobin A1C level was 9.0. (A reading of 9 indicates severe diabetes, while 6 or less indicates a healthy, non-diabetic condition.) Over the course of taking Glucotor for six weeks, she discontinued her insulin and Metformin (the generic form of Glucophage, one of the most common prescription drugs used to treat diabetes) and reduced her oral hypoglycemic from 8 mg to 2 mg per day. At the end of the trial, a second test showed her A1C level had fallen to 5.7, a healthy, non-diabetic level.

During our conversation, Dr. Hall also told me how surprised he was to see dramatic changes in blood lipid levels in some of his Glucotor patients. One man's total cholesterol dropped from 297 to 210 and his triglycerides from 580 to 506 after four weeks of taking the supplement. Another patient, a woman this time, had a 23.5 percent reduction in her total cholesterol, a 32 percent drop in her LDL level, and an 18 percent drop in her triglycerides.



After 5.5 weeks of taking Glucotor, her blood pressure dropped from 140/96 to around 115/75, and she was able to discontinue taking Lipitor and her blood pressure medication.

And these are just a few examples of the great responses Dr. Hall saw in his patients. Since then, the formula has racked up an impressive 82 percent success rate. Most people would look at those results and be satisfied. But Barron wasn't. So he decided to reformulate Glucotor.

The result is a new and improved version of Glucotor (Glucotor v.2), which includes an all-natural ingredient that has been proven to boost the body's insulin response 20-fold. This one addition to the original formula has made the already miraculous Glucotor up to 300 percent more effective than similar products without the potential of toxic side effects.

### **Make your insulin receptors more receptive**

But why reformulate at all when you've already got something with such a high success rate you literally can't keep it on the shelves? Simply put, Barron says the success rate just wasn't high enough considering it's a human statistic. He couldn't see past the 18 percent of people that he wasn't helping.

That led him on a search for other ingredients he could add to boost Glucotor's effectiveness. And once again, he arrived back at cinnamon. But this time he found a specific cinnamon extract, called Cinnulin PF, which eliminated the roadblocks he'd encountered before.

So just what is Cinnulin PF? Well, as Barron puts it, "it's pretty amazing. It's a patented cinnamon extract that operates at the cellular and molecular levels. It actually works to make the insulin receptor sites on your individual body cells more receptive. If you have enough cinnamon every day, you can actually increase your body's insulin response threefold. That's 300 percent—and that's a big deal."

I wanted to find out more about Cinnulin PF so I went straight to the source: Integrity Nutraceuticals International (INI). INI is a raw material supplier of bulk nutraceuticals including amino acids, herbs, and specialty compounds like Cinnulin PF.

### **All the benefit, none of the risks**

Until recently methylhydroxy-chalcone polymer (or MHCP) was thought to be the active compound in cinnamon responsible for the beneficial effect on blood glucose. It turns out that early

research misidentified the substances responsible for these actions as cinnamon's MHCP fractions. The substances actually providing the blood-sugar-lowering benefits are water-soluble polyphenol polymers called Type-A polymers.<sup>15</sup>

INI created an aqueous cinnamon extract product using a process that removes the potentially harmful compounds from whole cinnamon while leaving the Type-A polymers intact (using no chemical solvents). Extracts made with solvents other than water will actually extract the lipid-soluble portion of cinnamon, which contains the potentially harmful fractions.

Actually, this process makes Cinnulin PF even stronger than it would be without it: The lipid-soluble portion of cinnamon has been shown to have no effect on glucose metabolism. But in contrast, the water-soluble portion has been proven to increase glucose uptake by 20-fold.<sup>16</sup>

### **Early research looks promising**

In diabetes, either the body doesn't produce enough insulin or the cells resist it, so the sugar remains in the blood, builds up to higher and higher levels, and ultimately starts damaging protein-based tissue and organs. Cinnulin PF triggers receptor sensitivity to insulin and primes the receptor for glucose uptake.

In one study, researchers tested cinnamon's effects by using a water-based cinnamon extract similar to Cinnulin PF on 28 people with Type II diabetes. Patients received 500 mg of a formula containing water extracts of cinnamon, heshouwu, and mushroom three times per day. Another 29 patients were given a placebo. After two months, researchers found that subjects in the treatment group had a 15 percent reduction in fasting glucose.

In another study, 60 Type 2 diabetics were divided into six groups: three placebo groups and three experimental groups. Participants took 1, 3, or 6 grams of cinnamon daily or the placebo. After 40 days, participants in the cinnamon groups had 18 to 29 percent drops in their fasting glucose. They also experienced 20 to 30 percent lower triglycerides, 7 to 27 percent reductions in LDL cholesterol, and 12 to 26 percent lower total cholesterol levels.<sup>17</sup> There were no significant changes in any of the placebo groups. However, all of the patients in the study were also taking oral hypoglycemic (blood sugar-lowering) medications, so it's hard to say for sure in this case if



cinnamon was the sole factor in the improvements.

There is a placebo-controlled, double blind trial specific to Cinnulin PF currently under way. The study was designed to determine the effect of supplementation with Cinnulin PF on changes in glucose regulation, lipid profiles (cholesterol, triglycerides, etc.), and overall body composition. But final results won't be available until later this month. So in the meantime, let's take a look at some examples of personal experience with Cinnulin PF.

### **New ingredient fares well on its own**

If Cinnulin PF is independently getting good results, and so is Glucotor, imagine the combined effect. Here are a couple encouraging reports INI has gotten over the past few months from people using Cinnulin PF:

G.P. from Springfield, OH wrote to INI saying "My wife saw an article in Parade magazine and suggested I try Cinnulin PF. I have been taking two capsules daily; the results are in the numbers. The VA Center where I go for treatment asked for a brochure on Cinnulin PF to post on their bulletin board. My doctor is not normally in favor of homeopathic medicine, but she was ecstatic with my results. She had read about cinnamon studies and believes it is a good approach."

And another letter, this one from R.J. in Sanford, FL, said: "I use Cinnulin PF to maintain a healthy blood sugar level. It works! I have used it for a month and I take two tablets before lunch and two before dinner. I also recommend Cinnulin PF to all of my friends who have diabetes."

### **Same size, same price, better results**

Barron did note that some people have a problem digesting the capsules quickly enough to get the blood-sugar lowering effects. The problem, as Barron explains, is that many people, particularly as they get older, have burned out their ability to pro-

duce stomach acid. Once you get to that point, you no longer have enough stomach acid to easily break down capsules: It takes so long that the Glucotor can't get in place soon enough to block the receptor sites. But taking the formula out of the capsules lets you bypass that problem. So if you don't get the results you expect, try taking the Glucotor v.2 powder out of the capsules and mixing it with a little applesauce or a small glass of water.

And speaking of capsules, the addition of Cinnulin PF hasn't affected the size or swallow-ability of Glucotor. Barron actually had to create a special encapsulation technique in order to contain the desired dosage of Cinnulin PF along with the other proven ingredients. "After a lot of trial and error and changing how we ground and blended the formula, we found we could get the equipment to fill the standard capsules with the desired dose of the new formula. In other words, we were able to add the Cinnulin PF without having to change anything else."

And that's not the only puzzle they had to solve to get this improved formula to you. Adding Cinnulin PF looked as if it would increase the retail price of the new formula 30 percent. So Barron and Baseline Nutritionals thought they would have to choose whether to raise prices or decrease the number of capsules in each bottle. But they found another alternative—one just about unheard of in the supplement industry: They decided not to do either. So you're getting all the existing benefits of the original Glucotor formula plus the added benefit of Cinnulin PF at no additional cost. This is just another indication of the confidence that Barron and the manufacturers have in this formula.

The recommended dosage for Glucotor v.2 with Cinnulin PF is to one or two capsules five to 10 minutes before eating. If you're currently taking medications for blood sugar, cholesterol, or heart disease, talk to your doctor before trying this formula.



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### **Prevent—even reverse—diabetes damage with the vitamin “teacher” breakthrough**

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### Dodge the sugar bullet—and double your chances of beating this leading killer

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### Member Source Directory

**Benfotiamine**, Benfotiamine.net; tel. (888)493-8014; fax (561)641-0838; [www.benfotiamine.net](http://www.benfotiamine.net); 1 bottle (120 capsules) costs US\$16.45 plus shipping; discounts per bottle when you buy 3 and 10.

**Glucotor v.2**, Baseline Nutritionals; tel. (800)695-5995 or (915)546-6031; [www.baselinenutritionals.com](http://www.baselinenutritionals.com). A 180-capsule bottle costs US\$49.95 plus shipping.

*(We regret that not all products and services are available in all locations worldwide.)*



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*SPECIAL RESEARCH ALERT*

# **The Ultimate Cures for Heart Disease**





# THE ULTIMATE CURES FOR HEART DISEASE

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### Sugar cane extract rivals popular cholesterol-lowering drugs, without the dangerous side effects

Amid reports of health problems and deaths caused by statin drugs, we've learned that an extract of a commercial crop—sugar cane—can lower cholesterol just as effectively.

As we've told our readers over the past couple of years, cholesterol isn't the primary cause of heart disease...homocysteine levels are. Nevertheless, cholesterol *does* play an important role in coronary health, and any good program for reversing heart disease must address that as well. So you can imagine how excited we were when our researchers discovered that a sugar cane extract could *dramatically* reduce cholesterol levels.

While it's drawn from the same plant that produces table sugar, policosanol doesn't affect blood sugar levels when ingested. Cuban scientists, however, have discovered that it can have a cholesterol-reducing effect<sup>1</sup> without creating the uncomfortable and even dangerous side effects associated with statin drugs.<sup>2,3</sup> Statin drugs lower elevated cholesterol by limiting cholesterol production in the liver, but they also have side effects ranging from heartburn to potentially fatal cases of muscle breakdown. This widely prescribed class of drugs—statin sales topped \$14 billion last year—includes the brand names Lipitor, Lescol, Zocor, Mevacor, Pravachol, Pravastatin, and Baycol (which was recalled after being linked to over 40 deaths).

In several studies that compared both cholesterol-lowering methods, policosanol surpassed the performance of statin-drug therapy. One Cuban study compared the effects of policosanol to Pravastatin on patients who had elevated cholesterol levels and were considered to be at high risk for coronary disease. Patients took 10 mg of either policosanol or Pravastatin with their dinners for eight weeks. The group taking statins saw their LDL levels fall by 15.6 percent and their total cholesterol by 11.8 percent. But those in the policosanol group exceeded those numbers, and dropped their LDL levels by 19.3 percent and their total cholesterol by 13.9 percent. **The HDL levels of the statin test subjects remained the same, while the policosanol group increased their HDL by 15.7 percent.** Because HDL cholesterol aids in the

removal of fat from arterial walls, an increase in these levels is beneficial.

Thousands of people struggle with cholesterol problems, and the chance of developing high cholesterol increases as we age. As we grow older, our hormone levels drop, making it easier for cholesterol levels to rise in our bodies. Researchers believe policosanol may be a safe method of reducing and regulating LDL. In a clinical trial involving 244 post-menopausal women with high cholesterol, researchers first attempted to bring down elevated lipid levels through six weeks of a standard lipid-lowering diet. When this proved unsuccessful, they gave the women 5 mg of policosanol daily for 12 weeks, then 10 mg daily for another 12 weeks. Researchers found that the supplement was effective in significantly lowering LDL levels (25.2 percent) and total cholesterol (16.7 percent). In addition, the women experienced a 29.3 percent increase in HDL levels.<sup>4</sup>

#### Extract relieves painful leg cramps

One of the common—and debilitating—side effects of high cholesterol is a syndrome known as intermittent claudication—a cramping pain in the calves. This is often linked to poor circulation and the presence of arterial fat deposits (atherosclerosis). Intermittent claudication occurs only during certain times, such as after walking. Removal of arterial fat deposits has been found to decrease claudication.

Researchers at the Medical Surgical Research Center in Havana, Cuba tested policosanol patients who suffered from moderately severe intermittent claudication. In this two-year long study, 56 patients were randomly assigned to receive either policosanol or a placebo.

Researchers determined if the policosanol was relieving the claudication by conducting treadmill walking tests on each subject before the study and again on 6, 12, 18, and 24 months after beginning treatment. Although both test groups showed some progress during the interim tests, the final results indicated that policosanol had a significant benefit for sufferers of intermittent claudication. After two



years of treatment, patients in the placebo group were able to walk a maximum of .15 miles while the group taking policosanol could walk .40 miles before having to stop. The **21 people taking policosanol increased their walking distance by at least 50 percent.** Only five members of the placebo group showed a similar improvement.<sup>5</sup>

And it's possible that policosanol could do more than alleviate the risk of heart disease, circulatory problems, and other ailments commonly associated with high cholesterol...

### **A possible defense against Alzheimer's**

Dora M. Kovacs, Ph.D., a researcher at Massachusetts General Hospital, recently received a \$200,000 research grant to study the side effects of cholesterol on the development of Alzheimer's Disease (AD). She found that even normal levels of cholesterol may increase the risk of senility-causing plaques and neurofibrillary tangles in the brain, which are associated with the development and progress of AD.<sup>6</sup>

Dr. Kovacs' research is focusing on the development of drugs that inhibit the production of ACAT, an enzyme that enables cholesterol and other lipids (fats) to enter cells and form solid lipid droplets there. Those droplets can hinder the normal functioning of the cell. They can also increase amyloid beta production, which is associated with the progress of mind-robbing plaques and tangles. When lipid droplet levels increase, amyloid beta production increases...and so does the risk of Alzheimer's. Dr. Kovacs and her research team believe that ACAT-inhibiting drugs are the keys to halting the process of cholesterol and lipid buildup

that results in AD. But the related research is in its early stages. Dr. Kovacs plans, but has not yet started, to test ACAT inhibitors on mice specially bred to have AD. Other researchers have developed a potentially safe class of ACAT inhibitors to treat atherosclerosis. But it may be another five to 10 years before this family of drugs is thoroughly developed, tested, and made available to the public.

There may be an alternative therapy available right now, however. In an interview with Emma Hitt, Ph.D. for the Reuters news service, Dr. Kovacs indicated that several studies have shown that patients who take statin drugs have lower rates of AD and other types of dementia. Cholesterol-lowering statins do not appear to hinder the ACAT enzyme, but the act of maintaining low cholesterol levels lowers the risk of dementia. Since statin drugs can induce serious side effects, policosanol may prove to be a better alternative. In double-blind trials, policosanol produced mild, short-term side effects—such as insomnia, headache, diarrhea, nervousness, and weight loss—in less than 1 percent of test subjects. So policosanol may prove to be an efficacious mind-saver as well as a life-saver.

**Caution:** Researchers warn that policosanol can interact with blood-thinning drugs. So if you try policosanol (after consulting your doctor), your dose of blood-thinning medication may have to be adjusted with careful medical monitoring. If you would like to purchase policosanol, see your Members Source Directory on page 9. If you're already taking cholesterol-lowering drugs or being treated for any other health condition, you should consult with your doctor before trying policosanol or discontinuing any prescription drug.

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## **Chapter 2**

### **New hope for anyone who has ever suffered a stroke**

Tocotrienols not only lower cholesterol levels naturally but also keep the blood thin and flowing freely; furthermore, they have shown the ability to actually dissolve dangerous arterial plaque that can lead to a heart attack or stroke. They are also exceptional antioxidants, protecting cells throughout the body from oxidation that can lead to malignancy or damaged blood vessels.

Recently, the medical community was electrified by

a study that led to dramatic improvements in stroke patients. The study used a special tocotrienol preparation distilled from palm oil, called PalmVitee. This ultra-pure and high-potency formula is produced in Malaysia expressly for use in scientific research. Because of the very limited supply, it has never been available to consumers.

The 50 subjects in this trial had each suffered a first, mild stroke. At the beginning of the study, the



degree of blockage of their arteries (measured by ultrasound) ranged from 15 percent to 79 percent. Without making any other changes to their diet or medications, half of the subjects began taking 240 milligrams a day of PalmVitee tocotrienols; the remaining half received placebos. After 12 months, researchers repeated the ultrasound examinations—with startling results. Among those taking placebos, 40 percent showed a progression of the disease, with increased blockage of the arteries. The other 60 percent were stable: no worse but no better. None showed any improvement.<sup>1</sup>

For those taking PalmVitee, it was a much different story. An astonishing 28 percent had improved: Their arteries were actually less obstructed. Sixty-four percent remained stable, with no further progression. Only 8 percent experienced progression of their disease.

As one research analyst remarked, “PalmVitee may not reverse atherosclerosis in every patient, but it is a very good insurance policy (92 percent effective) against its progression and actually reversed the dis-

ease for one in four patients. This is very exciting in light of the lack of available medical options.”

### **How to get PalmVitee**

Although the results of this trial were stunning, the findings are consistent with previous research demonstrating the positive effect of tocotrienols on cardiovascular health. However, the unique attributes of PalmVitee may have been a factor in the exceptional outcome.

Other palm-derived products are produced from refined palm oil, from which much of the tocotrienol content has been stripped. PalmVitee, on the other hand, is made from a tocotrienol-rich derivative of the crude oil called PFAD (palm fatty acid derivative). The result is an exceptionally pure and potent product that has not been excessively refined and processed. With further clinical trials on stroke patients still pending, we cannot assume that other tocotrienol products will produce identical results. For ordering information, see the Member Source Directory at the back of this report.

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## **Chapter 3**

### **The link between homocysteine and heart disease**

The truth is that cholesterol is NOT the deadly threat you may think it is. Aside from the fact that it's necessary for everything from the production of sex hormones to bile synthesis . . . it does *not* clog your arteries unless it has something to attach to: a tear, a rough surface, a ridge, a sharp turn.

When the homocysteine levels in your blood become too high, the perfect conditions are created for plaque buildup. An amino acid, homocysteine, promotes the growing of smooth muscle cells just below the inner wall of the artery. Multiplying rapidly, these cells create a deadly bulge that protrudes into the artery itself. On this bulge, cholesterol, blood products, and calcium begin to accumulate. These are the blood traps that lead to problems like impotence, poor memory, heart attacks, strokes, and even death. And research indicates that you should be just as concerned—if not more so—over your homocysteine level as you are over your cholesterol level.

#### **Destroys arterial walls**

A team of Seattle researchers showed that injec-

tions of homocysteine rapidly caused early signs of arteriosclerosis in baboons. The researchers reported that in their test, the cells just beneath the animals' artery walls were mutating and reproducing at a wild rate, and this growth was destroying the arterial walls.

After just one week of high levels of homocysteine in the baboons' blood, 23 percent of their artery walls were lost. The researchers found that the higher the level of homocysteine and the more severely injured the inner artery wall, the more severe the signs of arteriosclerosis.<sup>1</sup>

#### **Homocysteine can kill—if you don't know how to control it**

Your body forms homocysteine when you eat food containing an amino acid called methionine, which is present in all animal and vegetable protein. As part of the digestive process, methionine is broken down into homocysteine. As long as certain helper nutrients are present, homocysteine subsequently converts back into one of two harmless



amino acids. However, when these helper nutrients aren't present, homocysteine levels become dangerously high.

Research shows that vitamin B<sub>6</sub> is one of the key helper nutrients necessary for normalizing homocysteine levels. In a study at the University of Wisconsin, participants given daily supplements of B<sub>6</sub> (2mg/day) experienced dramatic drops in their homocysteine levels. And at the Titus County Memorial Hospital in Mount Pleasant, Texas, patients given vitamin B<sub>6</sub> were able to reduce their risk of chest pain and heart attack by 73 percent.<sup>2</sup> More importantly, they lived an average of eight years longer than those who didn't take the supplements!

Unfortunately, the typical American diet is low in vitamin B<sub>6</sub> and high in methionine. And because of food processing, it's almost impossible to get enough B<sub>6</sub> in the North American diet.

Recent research has uncovered similar links among homocysteine, folic acid, and B<sub>12</sub> and has found that you need all three nutrients to keep homocysteine levels down.<sup>3</sup>

## **Here's what you need to do TODAY!**

You can't ensure healthy, effective levels of B<sub>6</sub>, B<sub>12</sub>, and folic acid through diet alone. Americans are so deficient in these nutrients that even the Food and Drug Administration (FDA) and the Centers for Disease Control in Atlanta (CDC) have launched campaigns to increase your intake through supplementation.

Unfortunately, we've discovered that most multi-vitamin formulas fall short. They simply don't have enough B<sub>6</sub>, B<sub>12</sub>, or folic acid to be effective in reducing homocysteine levels.

There are a number of specialized formulas now available that specifically address the homocysteine threat. Check your local health-food store, or, you can try a high-quality supplement called CardioSupport that is based on the latest homocysteine research. Each tablet provides 800 mcg of folic acid, 500 mcg of B<sub>12</sub>, and 25 mcg of B<sub>6</sub>. In addition, the formula includes beneficial components that aid in the metabolism of these crucial heart protective nutrients. For information on ordering CardioSupport, refer to the Member Source Directory at the end of this report.

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## **Chapter 4**

### **The single-ingredient formula rivaling a major class of blood pressure drugs**

In many cases, you can control your blood pressure with some simple diet and lifestyle changes. But unfortunately sometimes drugs are necessary. Necessary because some cases of dangerously high blood pressure stay that way no matter what you do to try to lower them. And unfortunately because the only drugs that seem to work come with a nasty list of side effects. So we always keep an eye out for natural hypertension alternatives for those of you who need that helping hand. The latest one to cross our desks is called Vasotensin, a product formulated from a single ingredient that appears to rival one of the leading classes of hypertension drugs—but without the potential risks.

#### **Japanese fish alleviates hypertension**

Vasotensin is made from a substance called bonito peptides. That's it—one ingredient. But the manufacturer, Metagenics, claims that bonito pep-

tides have been shown to have such significant effectiveness as a single ingredient that there's no need to add any others. So what exactly are bonito peptides? Well, in general, peptides are short chains of amino acids. Specifically, bonito peptides are amino acid chains isolated and extracted from the bonito fish, which is a member of the tuna and mackerel family.

Bonito peptides have been shown to inhibit Angiotension Converting Enzyme (ACE) activity. ACE spurs the formation of angiotensin II—a potent compound responsible for blood vessel constriction. ACE also has a negative effect on a substance called Kinin, which lowers blood pressure by relaxing blood vessels. So, in other words, bonito peptides seem to slow down the process responsible for high blood pressure.<sup>1</sup>

Now, it must be some powerful stuff—but I wondered just how it was discovered. It turns out



that it was a case of one man's (well, in this case, one industry's) trash being another's treasure.

### **Fish food finds its way to the research lab**

The type of bonito peptides used in Vasotensin is actually a by-product of the Katsuobushi manufacturing process.

Katsuobushi is a traditional Japanese seasoning that has been used in soups and other dishes for over 1,500 years, and it's made from the flesh of the bonito fish. To get a better understanding of how the Katsuobushi industry is connected to Vasotensin, it helps to know a bit about how Katsuobushi is processed. The *Reader's Digest* version goes something like this: the fish meat is heat-treated in water and stirred. The result is the seasoning and the remaining residue. Yet it is from this residue that (typically discarded or used as organic fertilizer) we get this promising compound because one creative (and curious) researcher, Dr. Masaaki Yoshikawa of Kyoto University, decided to take another look at its potential. He discovered that this part of the bonito fish's muscle has strong ACE-inhibiting properties. Apparently, through careful purification and separation, nine active bonito peptides have been identified and sequenced.

But you can't get the anti-hypertensive response by simply eating the bonito fish itself or by eating Katsuobushi.

As Dr. Yoshikawa's research uncovered, there are actually nine specific active peptides that contribute to bonitos' ACE-inhibiting effects. The research I read focused on two of them, one called LKPNM and one called LKP. On its own, LKPNM only slightly inhibits ACE. But when ACE interacts with LKPNM, it gets converted into the peptide LKP, ACE-inhibitory activity of LKP is eight times higher than LKPNM. This unique property gives it a longer sustainable effect; accidentally skipping a dose would not produce a quick spike of blood pressure.

But in order to be "activated," these peptides are dependent on specific enzymatic reactions. The problem is, our bodies don't produce the right enzymes to separate the active parts from the rest of the fish, so the only way to get those blood pressure

lowering benefits from the bonito peptides is to have them separated from the fish for you. In other words, you need to take a supplement like Vasotensin to get the ACE-inhibiting effect.

### **Limited—but promising—results**

In a human study out of Japan, researchers tested the anti-hypertensive effects of bonito peptides against a placebo in 61 borderline and mildly hypertensive subjects for 10 weeks. For the first half of the trial, 31 subjects (group 1) took 1.5 grams per day of a bonito peptide mixture. The other 30 subjects (group 2) received a placebo. In the second five-week period, the order was reversed: group 1 subjects took the placebo and group 2 subjects received the bonito peptide mixture. During both phases, the placebo group failed to show any significant decrease in blood pressure. And researchers reported that the anti-hypertensive activity was demonstrated without any side effects.<sup>2</sup>

I also managed to get my hands on a study that showed how bonito peptides stack up to mainstream hypertension drugs. In this study, researchers examined the anti-hypertensive activity of LKP, LKPNM, and Captopril (a common prescription ACE-inhibitor) in rats. The group fed LKP showed an immediate response, but the blood pressure started to go back up after two hours. But in the group fed LKPNM, the anti-hypertensive effect was almost the same as Captopril. And the effects lasted over six hours.<sup>3</sup>

The bottom line on Vasotensin is it has potential. Even though the majority of testing seems to have been done by the manufacturing lab in small, short-term studies, all results were positive and showed no bad reactions. Of course, you should keep in mind that it is an ACE-inhibitor, and with these types of products there is always a possibility of potassium buildup and kidney problems. So you still need to work closely with your doctor to regularly monitor your potassium and blood pressure levels, as well as your kidney function.

The dosage recommendation is two tablets twice daily with meals. See the Member Source Directory at the end of this report for ordering information.



### **The silkworm's secret: Ease inflammation and respiratory illness with this enzyme**

At some point or another, you've probably seen a nature film showing a caterpillar turn into a butterfly: It weaves a cocoon around itself, and eventually it breaks through the hardened chrysalis, having sprouted wings and changed form almost completely. In the case of the silkworm, there is a specific enzyme called serrapeptase that helps break down the cocoon, letting the newly-transformed moth emerge.

Serrapeptase works by dissolving non-living tissue. This ability captivated researchers around the world, who have subsequently studied its effects in the human body. Some of the claims made about serrapeptase (also known as serratin peptidase) may be stretching it just a tad—we've heard reports that it helps with rheumatoid arthritis, ulcerative colitis, psoriasis, uveitis (eye inflammation), allergies, and may even help fight some forms of cancer. While some of those claims make sense logically, we haven't found enough clinical evidence just yet to tell if they're valid.

But many studies do verify serrapeptase's ability to perform two key functions: it dissolves dead tissue and reduces inflammation. And those functions can ease numerous medical conditions. In human trials overseas, people using serrapeptase have found relief from inflammation, carpal tunnel syndrome, bronchitis, sinusitis, and other ear, nose, and throat ailments. According to one alternative medicine practitioner in Germany, it may even dissolve arterial plaque.

#### **Surgical patients treated with serrapeptase experience rapid reduction of swelling**

In Europe and Japan, clinical studies have shown that serrapeptase induces anti-inflammatory activity, anti-edemic activity (the lessening of fluid retention), and fibrinolytic activity (the dissolution of protein buildups).<sup>1</sup> Consequently, physicians and patients in Japan, Germany, and elsewhere around Europe have begun taking serrapeptase to ease inflammation.

In a multi-center study involving 174 patients, Japanese researchers tested serrapeptase's ability to ease post-operative swelling. One day prior to surgery, 88 of the patients received three oral doses of 10 mil-

ligrams of serrapeptase. The evening following surgery, they received one dose. Then for the next five days, they received three doses per day. The other 86 patients received placebos. The researchers reported that "the degree of swelling in the serrapeptase-treated patients was significantly less than the placebo-treated patients at every point of observation after the operation up to the fifth day." None of the patients reported any adverse side effects.<sup>2</sup>

#### **Ease respiratory disease in three to four days**

Researchers in Italy tested the impact of oral serrapeptase on 193 people aged 12 to 77 who were suffering from acute or chronic disorders of the ear, nose, or throat. In a multi-center, double-blind, placebo-controlled study, subjects took 30 mg of serrapeptase a day for seven to eight days. "After three to four days' treatment, significant symptom regression was observed in peptidase-treated patients," the researchers reported. In particular, the treatment eased pain, fever, nasal obstruction, difficulty in swallowing, and anosmia (reduced sense of smell).<sup>3</sup>

#### **Serrapeptase knocks out carpal tunnel and varicose veins 65 percent of the time**

Not surprisingly, researchers have also tested serrapeptase's ability to ease other disorders involving inflammation, fluid-retention, and buildup of fibrous tissue. Carpal tunnel syndrome and varicose veins may seem as unrelated as two conditions could get. But as different as they are, symptoms of both have been dramatically reduced using serrapeptase.

The painful symptoms of carpal tunnel syndrome are caused primarily by inflammation. At the SMS Medical College in Jaipur, India, researchers tested serrapeptase on 20 patients with carpal tunnel. After assessing the subjects' conditions, they instructed the patients to take 10 mg of serrapeptase twice a day for six weeks, then return for reassessment. Sixty-five percent of the patients showed significant improvements. No one reported any adverse side effects.<sup>4</sup>

Fluid retention in and around the veins of the legs causes varicose veins. Researchers in Federico, Italy tested serrapeptase on another 20 people with



this condition. The patients took two serrapeptase tablets three times a day (for a total daily dosage of 30 mg) for 14 days. The supplement generated good to excellent improvement also in 65 percent of the subjects. It reduced pain in 63.3 percent of cases, fluid buildup in 56.2 percent, abnormal skin redness in 58.3 percent, and nighttime cramps in 52.9 percent.<sup>5</sup>

Few participants in clinical trials have reported suffering from any side effects from serrapeptase. In the varicose vein study, one patient experienced diarrhea, which was alleviated by temporarily

decreasing the daily dosage. In other trials, there have been at least two reported cases of serrapeptase-induced pneumonia. However, patients in both cases fully recovered. Serrapeptase is a blood-thinning agent. Consequently, it may impact anticoagulant therapy and other medications. To avoid any potential complications, consult your doctor before taking serrapeptase. Serrapeptase is available from a number of Internet sources, including the Green Willow Tree in a product called SP-Zyme. Ordering information is listed in the Member Source Directory on page 9.

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## Chapter 6

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### **Ayurvedic herb fights angina, heart disease, atherosclerosis, and more**

Once in a blue moon, HSI uncovers a supplement that does so many things, it's hard even for us to believe it's real. Such is the case with arjuna. The *Terminalia arjuna* tree is found throughout India, and its bark has been pulverized and used for heart conditions for over 2,700 years. Researchers are now investigating other diseases that may benefit from this Indian herb, but it's already a well-proven cardiovascular "cure."

If you're under a doctor's care or taking prescription drugs for any cardiovascular condition, you should consult with a practitioner before supplementing with arjuna. Because the herb is so potent and effective, the combination of arjuna and drugs may cause too sudden or too severe an effect.

#### **Lower LDL cholesterol by at least 25 percent**

Although vitamin E has been shown time and again to be an effective supplement for controlling cholesterol levels, the antioxidant capacity of arjuna outperformed the vitamin in a recent randomized placebo-controlled trial in India. After only 30 days of supplementation with arjuna, the test group decreased its average LDL ("bad") cholesterol levels by 25.6 percent with a corresponding 12.7 percent drop in total cholesterol. The groups receiving either the placebo or 400 IU of vitamin E had no significant change in either measurement.<sup>1</sup>

At SMS Medical College in India, scientists gave 500 mg of arjuna per day to a group of rabbits suffering from high blood-fat levels. After 60 days of

therapy with the herb, the rabbits' average total cholesterol dropped from 574 to 217 and their LDL levels dropped from 493 to 162.<sup>2</sup> A group of rabbits receiving only 100 mg of arjuna also experienced lower cholesterol levels, although the drop in cholesterol levels was not as significant.<sup>3</sup>

#### **Reduce angina attacks *without* the side effects of drugs**

More than 6.2 million Americans suffer from angina (chest pain) due to an insufficient supply of blood to the heart. While nitroglycerin is a drug often prescribed for this condition, its effectiveness is reduced with each use. Arjuna, however, can continue to relieve angina regardless of how long it's used.

Researchers at Kasturba Medical College in Mangalore, India, tested arjuna against ISMN (Isosorbide Mononitrate), a nitroglycerin-based drug commonly prescribed for stable angina. While ISMN was effective over a 12-week period, it didn't perform as well as arjuna. The arjuna group had a 30 percent reduction of angina attacks, while the group taking ISMN had a 27 percent reduction. While this is not a significant difference, the performance of arjuna is considerable when you take into account the possible side effects of ISMN—lightheadedness, dizziness, a rapid pulse rate, and blurred vision. Scientists found none of these side effects with the group taking the herb.<sup>4</sup> And, of course, arjuna can be used without fear that it'll stop working when you need it most.

Another study found that 15 stable angina suffer-



ers taking arjuna for three months experienced a 50 percent reduction in angina episodes. A treadmill test administered before and after the subjects took the herb showed that angina symptoms were significantly delayed after supplementation. Subjects also reduced their systolic blood-pressure levels, had a marked decrease in their body-mass indexes—which indicates weight loss—and experienced an increase in HDL (“good”) cholesterol levels. The researchers concluded that treating stable angina patients with arjuna was an effective way to relieve symptoms.<sup>5</sup>

### **Patients with congestive heart failure improve in just two weeks**

The New York Heart Association has developed a classification system that helps doctors determine the appropriate treatment depending on the severity of a patient’s condition. Classes I and II are mild, class III is moderate, and class IV is severe and sufferers are completely incapacitated. In a recent double-blind, crossover, placebo-controlled study, 12 class IV patients with refractory chronic congestive heart failure received arjuna for two weeks in addition to traditional medication. The placebo term of the trial included only traditional medication. During the short treatment with the herb, the patients were reclassified as class III patients due to improvements in a number of cardiac factors. The results were so impressive that during a later third phase of the study, the same patients continued supplementing with arjuna for 20 to 28 months in addition to conventional medications. Their conditions continued to improve, and they were able to tolerate additional physical effort.<sup>6</sup>

### **Protect yourself from ischemic heart disease**

If heart disease runs in your family and you’d like to take preventive measures, arjuna may do the trick. Scientists gave laboratory rats a supplement containing the herb for 60 days, and after that time gave them isoproterenol, a synthetic chemical that causes an irreversible destruction of heart tissue. Researchers found that pretreating the subjects with arjuna offered “significant cardioprotection.” They also found that there was a remarkable reduction in the loss of high-energy phosphate (HEP) stores, a protective factor against ischemia.<sup>7</sup> (Ischemia is a reduction in the supply of oxygen to an organ.)

### **Keep your arteries flowing free and clear**

If the cholesterol circulating in your bloodstream isn’t removed on a regular basis, it can deposit on the walls of your arteries. While this happens to everyone to a certain extent, thicker cholesterol deposits reduce the volume of blood flowing through your vascular system and decrease the oxygen reaching your organs. Blood vessels with significant deposits become inflexible and hard, which is why atherosclerosis is also called “hardening of the arteries.” This can cause a deterioration of tissues and organs. Your arteries also deteriorate from the accumulation of cholesterol. If left untreated, atherosclerosis can kill you. But arjuna has been shown to turn around this life-threatening condition.

In one study, rabbits were fed a cholesterol-rich diet to create atherosclerosis and then divided into three groups to compare the effects of cholesterol-lowering supplements. One group of rabbits was treated with arjuna while the other two groups were supplemented with pharmaceuticals proven to lower cholesterol levels. In a comparison of all three groups, arjuna was pronounced as “the most potent hypolipidemic agent” and proved to induce “partial inhibition of rabbit atheroma.”<sup>8</sup> These findings indicate that arjuna may help prevent the buildup of fat deposits in your arteries and possibly correct the deadly effects of atherosclerosis.

### **The same herb may fight cancer as readily as bacterial infections**

One of the unique benefits of herbal therapies is their adaptogenic property. Many times, a single herb can conquer diseases and medical disorders with seemingly different origins and mechanisms. (Drug therapy is much more targeted and thus limited.) Doctors prescribe antibiotics for bacterial infections and must use completely different types of drugs to fight cancer. Although bacteria and cancer seem to start and spread by different means, arjuna has been shown to successfully fight both.

According to the Entomology Research Institute of Loyola College in India, *E. coli*, which is a dangerous food-borne pathogen, is no match for arjuna. Researchers tested 34 traditional tribal plants of India and found that arjuna had “significant antibacterial



activity” against *E. coli* as well as the bacteria responsible for pneumonia, cystitis (a bladder infection), and pyelonephritis (a kidney infection).<sup>9</sup>

*Salmonella typhimurium* is the culprit behind paratyphoid fever, which is a milder form of typhoid fever, as well as salmonella gastroenteritis, a type of food poisoning. But researchers found that ellagic acid, one of the constituents of arjuna, is quite effective against it and stops it from mutating, thus preventing the spread of disease.<sup>10</sup>

While antibacterial drugs have not been proven to work against cancer, it appears arjuna can live up to this double duty—and without the damaging effects of chemotherapeutic drugs. Many of the side effects of prescription drugs, especially those used to treat cancer, may damage organs or have a serious negative impact on general health. But according to studies at the University College of Medical Sciences and SMS Medical College, both in India, researchers have not found liver or renal damage in either human or animal test subjects receiving arjuna.<sup>11,12</sup>

While no one drug or therapy works against all types of cancers, arjuna may help fill in the gap for some forms of the disease. According to scientists at the Department of Botanical Sciences at Guru

Nanak Dev University in India, arjuna has cancer-fighting properties and may be a promising agent for stopping cell mutation<sup>13</sup>—believed to be one of the first steps in cancer development. By preventing this initial process, arjuna may cut off one of the most common routes used to convert normal cells into cancerous ones.

In research conducted by the National Institute of Bioscience and Human Technology in Japan, even osteosarcoma, a type of malignant bone tumor, was found to be no match for arjuna. By inhibiting the growth of osteosarcoma cells, arjuna may be able to prevent the growth and spread of this type of cancer.<sup>14</sup>

### **T. arjuna is not only effective— it's inexpensive!**

Scientists still don't fully understand the many disease-fighting mechanisms of arjuna, so research on this herb continues. We've only scratched the surface of this incredible tree and will continue to keep you updated as new uses for it are discovered. T. arjuna is available from Himalaya USA under the name of “Arjuna – Cardiac Tonic.” Refer to the Member Source Directory below for ordering information.

#### **Member Source Directory**

**Policosanol**, Life Extension Foundation; tel. (800)544-4440; fax (954)761-9199; [www.lef.org](http://www.lef.org). One bottle (60 tablets) for US\$21.60 plus shipping.

**Palm Vitee** CompassioNet; P.O. Box 710; Saddle River, NJ 07458; tel. (800)510-2010 or (201)236-3900 fax (201)236-0090 [www.compassionet.com](http://www.compassionet.com).

**Cardio Support** Gold Shield Healthcare Direct; tel. (800)474-9495; [www.goldshieldusa.com](http://www.goldshieldusa.com).

**Arjuna** Himalaya USA; 10440 West Office Drive; Houston, TX 77042; tel. (800)869-4640 or (713)863-1622 [www.himalayausa.com](http://www.himalayausa.com).

**Serrapeptase**, The Green Willow Tree; tel. (877)968-4337 or (828)665-3095; fax (208)330-2445; [www.greenwillowtree.com](http://www.greenwillowtree.com).

**Vasotensin**, Center for Natural Medicine Dispensary, 1330 S.E. 39th Avenue, Portland, OR 97214; tel. (888)305-4288 or (503)232-0475; [www.cnm-inc.com](http://www.cnm-inc.com)



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HEALTH SCIENCES INSTITUTE

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*Special Research Alert*

# **Fat-Burning Aids from the Underground**





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to your friends and neighbors. They probably only know about the weight-loss products offered by the mainstream diet industry. Consequently, they are at the mercy of powerful drug companies, false promises, and dangerous, experimental foods. Losing weight, the mainstream way, can be a very risky endeavor.

### **You pay them to starve you**

Over one-third of adult men and women in America are overweight. And, collectively, we spend more than \$33 billion each year trying to lose weight, whether we do it by drinking diet shakes, popping over-the-counter appetite suppressants, joining diet centers, or paying our doctors (and drug companies) for expensive obesity drugs.

That's a lot of money, and a lot of potential harm to our bodies, especially in light of the fact that a full 90 percent of us gain back any weight we lose with the help of these fad diet aids! (And at least one-third gain back more!)

The side effects of these expensive diet aids range from nervousness and muscle loss, to heart problems, kidney trouble, and death.

You also deal with the side effects that hit your wallet, your self-esteem, and your natural, vital energy.

It's no secret: Popular diet fads succeed financially because they fail.

You go on a program, lose weight, gain it back, and return to the program. This is especially true with "quick-loss" diet-center programs.

Restricted, low-calorie diets disturb your metabolism, ultimately sending your body into a starvation mode...until it doesn't want to let go of any more stored energy (fat). And, of course, when you add the stress and anxiety of not being able to enjoy the foods you love to the metabolic trauma

you've put your body through, by the time you go off the diet, you virtually have no choice: You have to binge!

All the weight comes back, and then some. So where do you turn? How about to the new prescription obesity drugs?

### **Weight-loss drugs: Miracle pills or killer capsules?**

As an HSI member, you're going to learn some disturbing facts about the fat-burning aids that get promoted...and those that get buried. You'll also see exactly why many safe fat-fighting remedies are driven "underground."

You'll start by getting the answer to this key question: "Who profits from your struggle to lose weight?"

Actually, a better question might be, "Who doesn't profit?"

Drug companies spend up to \$400 million—and commit at least seven years of research time—just to get a drug approved by the FDA (and that doesn't even include the billions spent on ads directed to you... and to your doctors). The FDA approval process alone is a time-consuming, resource-draining commitment. And often the entire medical community—drug companies, physicians, hospitals, and medical journals—make major financial commitments every step of the way.

Drug companies offer incentives, "gifts," and kickbacks to encourage physicians to test their drugs on patients. And once a drug is approved...even the physicians can start to profit! Here's a chilling example: a diet powder that made hundreds of doctors \$62,000 a piece.

A few years back, the Nutritional Institute of Maryland sponsored a weight-loss plan that used a diet powder it had manufactured. Participating physicians bought the powder diets from the institute and



resold them at twice the price. The institute promised that physicians, who enrolled 15 new patients a month and followed them for an average of 3.8 months, would earn \$62,000 a year from the sales—not to mention the \$6,000 per patient they would earn for performing diagnostic tests to monitor the patients' health.<sup>1</sup>

But that's just the beginning.

Medical journals are supported by drug companies, which pay hundreds of thousands of dollars to purchase ad space. In fact, these journals are so desperate for this support that they often look the other way when confronted by serious errors in studies and advertisements.

### **A weight-loss breakthrough?**

Remember the "weight-loss breakthrough" called leptin? This little miracle protein was all the rage...for about a month. It was shown to make fat mice lose 30 percent of their weight in just three weeks. Researchers theorized that overweight people were deficient in leptin, a

protein that sends the brain messages to "stop eating." Analysts predicted leptin would be the first \$10-billion-a-year drug! Researchers raced to develop leptin for use in humans.

Until a few months later, that is, when the researchers made a significant discovery: namely, that obese men and women do, in fact, have plenty of leptin. They just don't have the ability to process its signal properly. The drug was quickly discovered to be no true obesity cure. And more recent research points to leptin as a possible contributor to type 2 diabetes.<sup>2</sup>

And yet the Amgen Corporation, having already invested billions into this faulty treatment, continues to promote it, throwing it into the pool with the other fat-loss drugs you can get today...or will soon be able to get.

Some will promise to speed up your metabolism...some will claim to speed up digestion...and one is supposed to work by preventing absorption of fat in the intestine! But the fat simply leaks out of your body—that's right; it's called "intestinal leakage"—

### **The newest weight-loss drugs: more of the same**

<b>Drug Name</b>	<b>Company</b>	<b>Chemical Actions</b>	<b>Side Effects</b>
Sibutramine (Meridia)	Knoll Pharmaceutical	Boosts levels of serotonin and another brain chemical, noradrenaline, by inhibiting their reuptake	Elevates blood pressure in susceptible individuals; may cause addiction
Orlistat (Xenical)	Hoffmann-LaRoche	Prevents absorption of fat in the intestine by disabling pancreatic enzymes	Possibly increased incidence of breast cancer; promotes loose stools; causes oily intestinal leakage
Bromocriptine (Ergoset)	Ergo Science	Changes patterns of brain chemicals	Disturbs natural insulin levels
Leptin	Amgen Corporation	Tells the brain to cut back on eating and speeds up metabolism	Possibly contributes to type 2 diabetes



and takes with it vital nutrients, including vitamins D and E, and betacarotene.

### Death in a capsule

Remember the “weight-loss miracle” known as “fen-phen?” In 1996, a combination of the diet drugs fenfluramine and phentermine known as fen-phen was introduced to the market—even after reports surfaced during the testing phase that the drugs caused potentially dangerous elevations in blood pressure. Despite the known risks, fen-phen was prescribed to over 18 million people to help them lose weight. Tragically, several people died and hundreds of others suffered serious degeneration of

their heart valves before the FDA, in September 1997, finally made it illegal to prescribe the lethal combination.

With that in mind, let’s take a look at the newest weight-loss superstar, sibutramine (sold under the trade name Meridia). The FDA’s initial response was to deny approval of sibutramine because of concerns that it raised blood pressure. (Sound familiar?) It’s rather ironic that FDA approval came swiftly after all, once fen-phen was removed from the market. Whatever the motivations for the approval of sibutramine, it’s more important than ever to avoid these weight-loss “wonder” drugs—drugs that can make you sick and even kill you.

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## 1. Turn your body into a fat-burning machine with the help of this Ancient Ayurvedic secret

Whether it’s a few pounds (or more), there are good reasons for dropping that extra weight. It’s not just a matter of being a size smaller. It’s protecting your health from the risks that come along with being too heavy—and from going on diet after diet, only to gain weight back.

Here at HSI we scoured our sources to learn more about safe, natural remedies that can aid weight loss—and it’s not just by curbing your appetite. Losing weight—and keeping it off—is complicated. It depends on addressing the many contributing factors, like diet, exercise, stress, and nutrition. What we found can help support all of your weight-loss efforts.

Ironically, the promising new remedy we learned about is also among the oldest. It is part of Ayurvedic tradition, practiced in India for centuries.

It’s called *garcinia cambogia*, and it’s made from the dried rind of the Indian fruit garcinia. Modern research has shown that the active ingredient in garcinia is hydroxycitrate (HCA). HCA can help regulate appetite and

maximize carbohydrate utilization.

Emerging research done in lab work and with mice suggest that HCA can help jumpstart metabolism and help burn fat more efficiently. HCA has also been found to help maintain cholesterol and triglyceride levels.

### Get that chocolate high while losing weight

We also learned of another all-natural phytochemical that can support the emotional side of your weight-loss efforts. It’s called *theobromine*, and it’s found in, of all things, chocolate. Since the days of the ancient Aztecs, humans have known of the pleasurable effects of chocolate. But until recently, we didn’t understand that those effects were caused by theobromine. Luckily, this mild stimulant, which is similar in structure and effect to caffeine, can be isolated from the fat and calories of chocolate. It can make you feel more peaceful and more energized—both things that can aid a weight-loss program.

Natural products that help calm and relax you can also support your efforts to eat



healthy. Believe it or not, American Indians have been using an herb called passion flower for centuries to relieve tension and stress. Widely used in Europe as a sedative, passion flower can relieve tension, irritability, and anxiety, as well as improve sleep quality.

### **Curb cravings and hunger pangs with time-tested herb**

We've talked about the emotional aspects of eating, but what about the physical ones? Let's face it, there are physical responses from the body when it desires food. Have you ever heard and felt your stomach growl? And surely you're familiar with those pangs you feel that signal hunger. The problem is, our bodies are conditioned to "ask" for food even if we don't physically need it. That's why herbs that calm the stomach and soothe the intestines can help support your efforts to eat less.

*Chamomile* is one of the oldest tricks in the book for that purpose. Chamomile tea has been used for years to relieve gas and indigestion and improve digestion. And as an added bonus, chamomile also soothes the nerves and aids sleep.

Finally, you've got to remember that the real object of weight loss is better health, not a certain number on the scale or a certain clothing size. And to that end, nothing is more important than protecting your body from free-radical damage. If you are overweight, chances are you're already putting more stress on your body than you should.

And losing weight may actually expose you to even more free radicals—they are released during the breakdown of proteins and fats. Adding *antioxidants* to your diet or supplement program is a good habit to form now and continue even after you reach your weight-loss goal. There are a lot of antioxidants out there—they're found in fruits and vegetables, and in many supplements. If you eat at least five servings of fruits and veggies each day, that's a good start. Blueberries are a particularly rich source of flavonoids, a type of antioxidant that has shown exceptionally strong free-radical fighting properties.

### **One convenient supplement delivers complete weight-loss support**

The good news is that you don't have to hunt down all these individual supplements, or swallow half a dozen pills with each meal. Because there's a formulation that contains all five—garcinia, theobromine, passion flower, chamomile, and an antioxidant-rich blueberry extract—in one convenient capsule.

It's a new product called Weight Guard Plus, with ingredients that are anything but new. Each component of the formula has been used for many years in traditional herbal medicine with no dangerous side effects. And although people are just starting to learn about it, the initial reports are very exciting.

For ordering information, see the Member Source Directory at the end of this report.

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## **2. The Olestra experiment: How does it feel to be treated like a lab rat?**

You've probably already heard of the "breakthrough" fat substitute called Olestra. It's the dieter's dream come true! Eat all the potato chips, cheese puffs, and tortilla chips you want; they're now FAT FREE and just as delicious!

The FDA has approved Olestra, even

though it not only causes diarrhea and cramping but also depletes the body of important cancer-fighting nutrients! In order to monitor the long-term effects of Olestra, the FDA has restricted it to certain snack foods. These foods, which will contain a warning label, will



be tracked by the FDA to see if Olestra is safe enough to be used more widely.

In other words, this is a colossal experiment: a nationwide study capable of turning all 269 million Americans—including you—into guinea pigs!

In an effort to modify public opinion about the negative effects of Olestra on one's health, Proctor and Gamble (the manufacturer of Olestra) recently sponsored a study that examined its effects when consumed in minute amounts.<sup>1</sup> The results? If you eat just one bag of Olestra chips, *you'll have less*

*diarrhea and cramping than if you eat larger amounts.* Perhaps, like us, you find these conclusions less than reassuring.

And that's just the beginning of the plastic foods and fad diets that will threaten your health in the years to come—foods that may cause bone loss, clogged arteries, and even tumor growth!

But in the middle of this flood of drugs and fake foods, a few safe and successful treatments will emerge to reanimate the lives of those who are lucky enough to hear about them. For example...

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### 3. Flirting with perfection: Open the floodgates to the youth elixir in your blood

There's a hormone in your body; the primary function of which is to make you beautiful and strong.

It's no joke! In fact, this hormone has the ability to make you so stunningly strong and vital that as soon as the bodybuilding industry got wind of it, it began researching ways to enhance its production!

This hormone is called, simply, growth hormone (GH). Despite its simple name, GH does a lot more than stimulate growth. It causes tissue to grow and stored energy (fat) to be consumed.

The problem is, however, that nature played a cruel trick on us. As we age, our bodies make less and less of this magic chemical!

When you were a preteen, growth hormone stimulated your skeletal growth. In your teens and early 20s, it reduced stored fat and increased muscle and tissue mass. Sadly, when you hit your mid 20s, GH production started to slow...and it continues to slow to this day.

But you can still tap into it...and turn your body into a youth machine

designed to tone you down to your most trim, energetic, and healthy form.

Before we tell you about the different ways to stimulate GH production—including through the use of a new, safe, and powerful GH-stimulating supplement—we want to warn you about the GH stimulants on the market that are, in fact, dangerous.

As we mentioned before, such a powerful youth- and beauty-enhancing chemical is of obvious interest to athletes and bodybuilders. The sports market provided much of the motivation for early research and experimentation with growth hormone. **Anabolic steroids** have been abused for years by people interested in bodybuilding to enhance their athletic performance. But the effects of overuse of artificial substances have often been tragic. Another GH stimulant, **synthetic human growth hormone**, has been available since 1986. Though it is not nearly as dangerous as anabolic steroids, it has been linked to heart disease, and some forms can actually cause antibodies that combat growth hormone.

But here's a simple, safe strategy for stepping up your body's GH production.



- **Eat more cereal grains, nuts, and seeds.** Although these foods contain less arginine than do meat, potatoes, and milk, they also contain less of the amino acids that compete with arginine to cross the brain-blood barrier where they can act on the hypothalamus.

- **Supplement your diet with liquid potassium.** Researchers have discovered a correlation between a reduction in growth hormone and the reduction of dietary potassium. Although you can restore your body's potassium levels by eating natural, whole foods (which have more potassium than sodium), rather than processed foods (which almost always have more sodium than potassium), this is often easier said than done. Liquid potassium tonics are available in health stores.

- **Snack often...** as long as you are snacking on low-sugar, healthful foods! This will keep your blood-sugar level stable. Maintaining stable blood-sugar levels keep your pancreas from producing excess insulin. When there's too much insulin in your blood, your body reacts by producing a chemical called somatostatin. Somatostatin suppresses insulin release...but it also suppresses GH release! This is also a good reason to avoid sugary sweets (especially before bedtime): High sugar snacks prevent the release of GH!

- **If you enjoy exercising, be sure to avoid eating at least two hours before you begin.** To make the best of the small, exercise-induced release of GH, your blood-sugar level must be stable.

- **Make sure you don't eat (again, especially high-sugar foods) within two hours of sleep:** In adults, the largest daily secretion of GH begins about an hour after the onset of deep sleep.

## AN IMPORTANT ASIDE

You're probably already familiar with your body's needs for the essential fatty acids found in olive oil and fatty fish, such as salmon and mackerel. Your body needs these fats in order to maintain good heart health, to keep your cells properly lubricated, and to transport the fat-soluble vitamins, A, D, E, and K. Essential fatty acids make up a major part of the membranes surrounding all cells. Unsaturated fats help your body handle saturated ones. A small amount of fat is an important aspect of healthful dieting.

- **Take the dietary amino acid arginine.** As stated before, it has been shown to act on the hypothalamus, which produces a growth-hormone-releasing hormone (GHRH).

HSI Panelist Dr. Allan Spreen told us that arginine is one of the best-known stimulants of the formation of growth hormone by the human body.

As he pointed out, "The injectable HGH (human growth hormone) is risky, as it causes the body to make less of its own, while arginine is the antithesis of that—it causes the body to make *more* of its own. Growth hormone is a wonderful 'youth agent,' and we make less as we age. The effects of rejuvenating the body (its skin, muscles, energy, what-have-you) apparently have been shown to extend to the immune system also."

This safe, proven plan can help you reverse aging, eliminate obesity, and even, according to some experts, convert your body to the Tarzan or Jane musculature into your seventh, eighth, ninth, and even 10th decades!



#### **4. Nature's surprising fat fighter: You knew it was good for you...now find out how it helps you lose weight fast!**

In a recent obesity study, a group of rats was given a choice of the usual fare of American supermarket snack foods. Remarkably, the animals chose biscuits, chocolates, and marshmallows over regular nutritionally balanced chow.<sup>1</sup>

In 60 days, these ravenous creatures gained an average of 78 grams...which, for a rat, is a lot.

Yes, even a rat can be seduced by foods that are fast, simple, and stimulating.

No one is immune to the temptations of 20th-century, fast-food cuisine. But these foods are not only high in fat and calories and almost devoid of any real nutrition, but also lacking a crucial fat-fighting nutrient—one that you simply cannot afford to be without.

Overcoming the pitfalls of our modern, fat-promoting culture can be as simple as adding to your diet this naturally occurring nutrient that is fat-free, cholesterol-free, calorie-free...and almost completely missing in popular supermarket junk foods: fiber.

**It may not be new and exciting...  
but it IS radical...and it works!**

You see, we are bombarded with foods that have been processed so extensively that they are virtually devoid of fiber. Eighty percent of the food we consume in this country is processed. The more the product is refined, the more fiber is removed.

**This remarkable nutrient naturally  
blocks the absorption of fat!**

When healthy adults are fed equal amounts of fat in the forms of whole peanuts, peanut butter, and peanut oil, more fat is absorbed from the peanut oil than from the peanut butter, and more from the peanut

butter than from the whole peanuts. Why? Fiber blocks the absorption of fat—and hence calories—in the intestines.

The greater your fiber consumption, the higher your caloric waste. Fiber causes a true alteration in digestion and in the absorption of fat. Part of the fat becomes “associated” with fiber, so that it is unavailable for digestion and increases fat excretion.

What's more, when you consume enough fiber, both your small and large intestines contain more watery material. When your bowels are full, you do not feel empty. You stop eating.

**What happens when you REMOVE  
fiber from your foods?**

Quite simply, you gain weight much more easily. Here's why.

There's an enzyme in your fat tissue that has the primary function of protecting you from starvation. As soon as any weight loss takes place, this enzyme sends a message to your brain to increase your caloric intake. (Like it or not, this is how our bodies have been responding across the centuries; a response more suitable to an age long before the availability of 4,000 foods in your 24-hour supermarket.)

Now, when you eat a natural, high-carbohydrate food that's been stripped of fiber... you're dumping too much sugar into your blood, causing the production of too much insulin.

Too much insulin initiates communication between this enzyme and your brain! In other words, when you eat foods devoid of fiber, you are essentially sending the message “I'm starving!” to your brain, setting in motion the chain of events that leads to slowed calorie burning and more



stubborn fat-storage mechanisms.

As you can see, fiber is critical to maintaining a healthy weight.

But how can you get enough fiber in your diet—the 40 to 60 grams required for weight control—when you get only 6 grams of fiber in five heads of lettuce? Two grams of fiber in an apple? Very little fiber in leafy greens? You can't!

Even worse, if you dine out often, or don't have time to buy and prepare fresh, fiber-rich foods on a regular basis, you'll never meet your daily requirement through your diet.

*But you can manage a high-fiber intake without making major adjustments to your usual eating regimen.*

Fiber supplements contain naturally occurring plant fiber. The formulas are derived from plants that are basically old-fashioned foods but are cloaked in late-20th-century technology.

Note these advantages of fiber supplementation in powder form:

- Grinding fiber into very fine particles makes it more readily digestible.
- Fiber supplements slow digestion, a very beneficial metabolic advantage.
- A high-quality fiber supplement offers standardized pectin, otherwise available only through the consumption of fruits, which may be off-limits to those with blood-sugar problems or those who eat out more than at home.
- Different types of fibers vary in function, and supplements contain a greater variety than you would ordinarily get on your dinner plate even if you chose natural foods as your meal choices.

Taking a fiber supplement on a regular basis assures an ongoing weight-loss advantage on two counts. First, it makes you feel full, which helps control your food consumption.

Second, it adds no calories! With supplementation, you can manage a high-fiber intake without adding significant calories—a double whammy to those extra pounds!

It can't be overstated: Fiber is the only component in your daily diet that contains no calories, no fat, and no cholesterol!

### **An ancient health and beauty secret revived**

Two thousand years ago, Hippocrates encouraged high-fiber diets. Fifteen years ago, Denis Burkitt came to this country from England and Africa to share his knowledge about fiber. No one seems to have paid much attention to either of these men of renown.

But the Health Sciences Institute wants you to be fully aware that the addition of a fiber supplement is in your best health interest and is a highly effective way to help lose weight safely and naturally.

There are a few good fiber supplements available. (A good supplement has a blend of natural fibers.) Among them are the following:

- gums, especially guar gum, which moderates sugar absorption better than any other fiber
- psyllium seed husk, which will have a beneficial effect on your glycemic index, your body's response to sugar, and also has great bulking activity
- pectin, mentioned above

Start your fiber supplementation slowly. Work up very gradually to 3 level teaspoons in at least 12 ounces of water. The more water you drink, the better. After two weeks, take the mix twice a day. If necessary, take it three times a day.

It's not necessary to spend a small fortune on fiber, though. You can get a perfectly good fiber supplement containing the above ingredients at your local health-food store.



## Fat-burning Aids References

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**This is the report the obesity industry does not want you to read**

<sup>1</sup> "Patients' Diets Which Make Doctors Fat," *Citizen Research Group Health Letter* 1989;5(6): 12

<sup>2</sup> *Science* 1996;274: 1185-88

**The Olestra experiment: How does it feel to be treated like a lab rat?**

<sup>1</sup> *Journal of the American Medical Association* 1998;279(1): 150-52

**Nature's surprising fat fighters: You knew it was good for you...now find out how it helps you lose weight fast!**

<sup>1</sup> Tordoff, *American Journal of Physiology* 2002

## Member Source Directory

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### **Weight Guard Plus**

NorthStar Nutritionals

P.O. Box 970

Frederick, MD 21705

(800)913-2592

[www.northstarnutritionals.com](http://www.northstarnutritionals.com)

*(We regret that not all products and services are available in all locations worldwide.)*

The above statements have not been evaluated by the U.S. Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.



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**TODAY'S GREATEST ALTERNATIVE MEDICINES**

HEALTH SCIENCES INSTITUTE

*SPECIAL RESEARCH ALERT*

**The Perfect  
Prostate Cure:**  
*Today's Medicines for Men*





# THE PERFECT PROSTATE CURE: TODAY'S MEDICINE FOR MEN

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### Vietnamese medicinal herb shows promise in healing prostate and ovarian disease

We talk a lot about traditional Chinese medicine and the inroads it's made as a modern approach to healing. But we never focused much on traditional Vietnamese medicine until we learned about one of its most valuable herbs called *crinum latifolium*. Apparently, it's so revered in Vietnam that it used to be reserved only for royalty and was known both as the "Medicine for the King's Palace" and the "Royal Female Herb."

Those traditional references actually highlight one of *crinum*'s most unique aspects—its ability to target both prostate and ovarian health concerns. But *crinum* seems to be an equal opportunity herb. And its benefits seem to go beyond just sex-specific diseases too.

First, let's talk about what it can do to protect you from prostate or ovarian diseases.

#### **Picking up where PC Spes left off—without the risk**

Although most of the research on *crinum* focuses on men, it all started when the Hoang family studied its effect on ovarian health.

Dr. Kha Hoang was the Chief Teacher and medical doctor for the Vietnamese royal family. In 1984 his daughter had so many cysts on her ovary that surgery was planned to remove it. Dr. Hoang had her start drinking a tea made with *crinum* leaves, and about six weeks later the cysts were gone.

Today, three generations of the Hoang family are integrated medicine practitioners. The family has used *crinum* together with other supportive herbs in treating a variety of prostate and ovarian conditions. Biopsies confirmed 16 cases of advanced prostate cancer were completely cured regardless of prostate specific antigen (PSA) levels. In fact, sometimes PSA levels go up in men taking *crinum*, even though testing shows that their prostate cells are normal and healthy. That is exactly what happened to Ken Malik, the co-founder and Executive Director of the Prostate Awareness Foundation, a non-profit organization based in San Francisco, California.

In his own battle with prostate cancer, Malik chose to take the natural approach—opting for a therapeutic regimen of nutrition and exercise. He also used the herbal supplement PC Spes for eight

years and found doing so stabilized his condition. PC Spes was marketed as an herbal formula that had shown remarkable results in treating prostate problems. Recently though, it was pulled from the market after researchers discovered that some PC Spes products claiming to be all-natural actually contained synthetic, potentially harmful substances. Malik was one of millions of men worldwide affected when PC Spes was taken off the market. When he stopped taking it, his PSA level started to creep upward. So he began his search for a replacement. That led him to *crinum*.

He started taking it in January 2002, and, over the course of the next 10 months, his PSA actually continued to go up. Most of the time, this would be cause for concern. But Malik's most recent biopsy showed only healthy tissue. His experience might add some support to recent reports that claim the PSA test might not be the best indicator of prostate cancer risk.

Malik was excited enough about his own experience to organize an informal trial with 10 members of the Prostate Awareness Foundation. Participants were told to take nine *crinum* tablets each day for three months. All 10 noted some kind of functional improvement.

Not everyone using *crinum* experiences elevated PSA levels. Sometimes its benefits follow a more predictable path, like the testimonial the manufacturer shared with me from a 58-year-old man who had a PSA of 93 when he went to his urologist for treatment. He'd waited so long that his cancer had spread to his bones, intestines, and lymph nodes. He was placed on an aggressive herbal program that included *crinum*. After just four months, his PSA was down to .9 and the symptoms he'd been experiencing—difficulty urinating, swelling in his legs, and extreme fatigue—had all disappeared.

#### **92.6 percent success for BPH symptoms**

*Crinum* isn't just for prostate cancer or extremely advanced cases of prostate disease. It also appears to alleviate the symptoms of one of the most common male problems—enlarged prostate, or benign prostatic hyperplasia (BPH). The main symptom of BPH is



frequent and sometimes painful urination. There are over 500 individual case histories of successful crinum treatment for BPH. And after seven years of research, the International Hospital in Vietnam reported that 92.6 percent of patients had good results using crinum for BPH (confirmed by measurements of prostate size and clinical evaluation by urologists).<sup>1</sup> However, these results have not been confirmed in Western studies.

### **Helping your cells communicate**

As effective as crinum appears to be, there's still no official consensus as to why or how it works. Researchers think it may have something to do with how it affects you at the simplest level—the cellular level. The human body contains about 70 trillion cells. With a few exceptions, each of these individual cells is a living entity with its own complete set of genes. Each of these cells maintains its own existence and also makes a vital contribution to your life and health. But in order for your body to function properly, all of those cells must communicate. For instance, your muscles must contract only when your brain sends a message to contract and not any other time.

Cells also communicate with one another to determine the correct balance of cell proliferation and apoptosis, or death. Basically, they're constantly working together to regulate how many cells you have—and how healthy they are—at any given

moment. But if your cells aren't communicating properly, apoptosis may not happen the way it should, which means that unhealthy, even cancerous, cells can continue to thrive and mutate. Recent experiments show that crinum extract helps cells produce a substance called neopterin, which they send out to communicate with immune cells, calling them into action against cancer and other foreign invaders.<sup>2</sup>

### **Five more ways to knock out disease**

I found a crinum supplement called Healthy Prostate & Ovary that also contains five other herbal ingredients—*alisima plantago-quatica*, *astragalus*, *momordica charantia*, *carica papaya* leaf, and *annona muricata* leaf—all known for their immune- and energy-boosting effects as well as their abilities to regulate abnormal body functions.

Crinum is so established and widely used as a treatment for prostate and ovary diseases in Vietnam that their crops of the herb are generally prohibited from being exported. So Healthy Prostate & Ovary is one of the first crinum products we know of to be made available in the U.S. See the Member Source Directory on page 4 for complete ordering information.

If you decide to try the Healthy Prostate & Ovary formula, the recommended dose is three 600-mg tablets three times daily. And, as always, if you're battling cancer or any other serious illness, please consult with your physician before using this or any other product.

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## **Chapter 2**

### **How you can take advantage of the AMAS Cancer Test**

The AMAS Cancer Test stands for Anti-Malignan Antibody in Serum test. Malignin is a peptide found in people with a wide range of cancers. If the anti-malignan antibody is detected in the blood, it means that the body detected the presence of this peptide, and launched an immune response against it. Clinical studies have shown that the AMAS test is up to 95 percent accurate on the first reading, and up to 99 percent accurate after two readings.

In one study at Beth Israel Hospital in New York, the AMAS test demonstrated amazing accuracy. Within the study group of 125 people, the test was positive for 21 people who were later

confirmed to have cancer, while it was negative for 97 people who showed no signs of cancer. The remaining seven people produced positive readings on the AMAS test but showed no signs of cancer; yet the study notes that all were symptomatic, had a family history of cancer, or both—indicating that the AMAS test may have detected a problem that conventional screening methods could not find.

This simple blood test can detect precancerous and cancerous cells with up to 99 percent sensitivity. Many of our members wrote in to say they were having difficulty finding a doctor willing to



do the test—because they had never heard of it.

At HSI, we're committed to bringing you breakthrough information on the latest health discoveries. Our research often brings information directly to you before it even reaches your doctor. We realize there's no benefit to providing you with cutting-edge information if you can't use it. So our team did some research to learn more about the availability of the AMAS test and how you can take advantage of it.

Luckily, we were able to speak directly with Dr. Samuel Bogoch, one of the two doctors who first discovered the anti-malignin antibody and developed the AMAS test. He said that the test has been available for some time, but so far, doctors have only learned of it through word of mouth. Recent efforts have started getting the word out—but there is still a long way to go.

### **You don't need a doctor's permission to order the AMAS test**

But the good news is that ANYONE can order an AMAS test. Just call 1-800-922-8378 and leave your name and address to receive a free kit in the mail. The kit includes the materials and instructions you need to complete the test, and a packet of scientific literature supporting its benefits. Then, take the kit to your doctor, and ask him to order a blood sample and sign the analysis form. All AMAS tests are analyzed by Dr. Bogoch's staff in Boston (overnight shipping instructions are included in the kit). As some members have found, some labs refuse to draw

specimens for tests that will be performed at another lab. According to Dr. Bogoch, that's more often the case with smaller labs; larger labs usually send specimens to other labs on a daily basis. If your doctor's lab is not willing to process the AMAS test, and your doctor is not willing to find one that will, do some research on your own. Check the Yellow Pages and call around to larger labs in your area.

Some readers also asked about the availability of the AMAS test outside the U.S. Anyone from anywhere in the world can order the test. The only unique challenge is the shipping. Samples sent from outside the U.S. may need to ship in dry ice to ensure a valid sample. The analysis costs \$135 (not including extra lab fees or shipping costs), but the test is Medicare approved; and remember, ordering the kit is completely free.

The AMAS test can detect the presence of cancerous cells, but can't pinpoint their location. So a positive reading must be followed up by additional testing to locate the cancer and determine its stage. But the test does come much closer to offering true early detection than many other screening methods, and does so in a non-invasive way. To learn even more about AMAS, you can visit this website: [www.amascancertest.com](http://www.amascancertest.com).

If you're interested in the AMAS test, you don't have to wait for your doctor to hear about it. Call and order the free kit, and review the research. If you're still interested, take the kit and the literature to your doctor.



### **Member Source Directory**

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**Healthy Prostate & Ovary**; Nutricology; tel. (800)545-9960 or (510)263-2000; [www.nutricology.com](http://www.nutricology.com). A 180-tablet bottle costs US\$50.00 plus shipping. HSI members receive a 20% discount on the purchase of two bottles.

**AMAS Cancer Test**, tel. (800)922-8378; [www.amascancertest.com](http://www.amascancertest.com).

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**TODAY'S GREATEST ALTERNATIVE MEDICINES**

**HEALTH SCIENCES INSTITUTE**

*SPECIAL RESEARCH ALERT*

# **Today's Most Vital Health Secrets**





# TODAY'S MOST VITAL HEALTH SECRETS

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### Australian breakthrough against asthma and allergies

Australia has the highest incidence of asthma in the world. One out of every four Australian children is afflicted with the disease. But a remarkable new preparation, developed by a private Australian research company, is causing a small revolution. In many cases, asthmatics have been able to throw away their inhalers after a few weeks, sparing themselves the potentially deadly risk of steroid medications.

The natural preparation causing such a stir in Australia is Oralmat, a patented extract of *Secale cereale*, more commonly known as ryegrass. This completely non-toxic and pleasant-tasting liquid is administered under the tongue (three drops, two or three times a day), allowing the active ingredients to be absorbed directly through the mucous membranes of the mouth, bypassing the digestive system.

Researchers report that adult asthmatics get significant relief—often enough that they can reduce or eliminate other asthma medications—after using Oralmat drops for three to four weeks. In children, the effect is often much more rapid.

#### Allergies, infections, and immune disorders also improve

But asthma is just one of dozens of conditions that reportedly improve with Oralmat. Scores of anecdotal and clinical reports indicate success against allergies; colds; influenza; chronic fatigue syndrome; viral, fungal, and bacterial infections; HIV-related complications; diabetes; multiple sclerosis; Gulf War syndrome; and other maladies. In five years of clinical use, not a single adverse response has been reported.

Dr. Chris Reynolds was the first doctor to use the extract in a clinical practice. In an article for the *Australian Naturopathic Practitioners and Chiropractors Association Journal*, he admitted his initial surprise at Oralmat's effectiveness:

"Having never prescribed an herbal medication during my 25 years as a doctor, the efficacy and broad spectrum of activity of this product surprised me. The manufacturers appear to have achieved an important medical breakthrough."<sup>1</sup>

#### Oralmat's impressive results

Dr. Reynolds has used Oralmat with hundreds of

patients, accumulating an astonishing catalog of beneficial outcomes:

- In chronic fatigue syndrome, symptoms usually abate within seven to 10 days.
- Patients with multiple sclerosis experience a "dramatic reduction in fatigue" and fewer and less-severe relapses.
- Diabetics, both insulin-dependent and non-insulin-dependent, report lower blood-glucose levels and a reduction in insulin requirements.
- Cold and flu symptoms frequently disappear within hours of administration.
- Asthmatics frequently are able to discontinue prescribed medication after a few weeks of use.
- Hayfever and allergic rhinitis—even severe, chronic cases—improve rapidly, sometimes within minutes of administration. Rapid drainage of congested sinus passages relieves sinus headaches.

"The extract appears to be a powerful immuno-modulator," Dr. Reynolds concludes. "It is inexpensive, it's not unpleasant to take, and administration is simple. It could replace many traditional medications, eliminate many adverse reactions, and palliate or cure multitudes."

Other doctors from around the world have reported dramatic improvements in patients with chronic fatigue syndrome, Gulf War syndrome (GWS), chronic hepatitis, herpes infections, and HIV/AIDS.

Philip Princetta, D.C., of Atlanta, Georgia, also reports impressive results with allergy and asthma patients:

"The Southeast United States, and Atlanta, Georgia, in particular, is a well-known allergy area of the world. The damp tropical climate allows for a plethora of allergens. Even some of my worst allergy patients responded very well to the drops and suffered a minimum of 50 percent less this past spring."

#### The sum of its parts

Chemical analysis reveals a few active ingredients: phytoestrogens (including genistein and matiresinol), coenzyme Q<sub>10</sub>, squalene, and beta 1,3 glucan. Each of these constituents is known to have significant health benefits.



Although the presence of these compounds provides some insight into Oralmat's powers, many questions remain unanswered. The manufacturers do not specify what amounts of these immune-stimulating substances are found in the product, but they appear to be relatively low. Other benefits, such as relief of allergies and reduction of insulin dependence, would not ordinarily be expected from these constituents—at any potency.

The extraordinary anecdotal reports about Oralmat have prompted investigators at John Hunter Hospital in Newcastle, Australia, to conduct more rigorous, placebo-controlled trials. The first, begun last fall, will evaluate the effectiveness of Oralmat as

an asthma medication, alone and in combination with prescription medications. The trial has not yet been completed, but researchers are reporting “extremely promising” preliminary results. A trial on chronic fatigue syndrome is scheduled to begin next year.

A spokesperson for the manufacturer of Oralmat points out that “such strictly supervised medical testing of natural herbal remedies only happens when the evidence of their success has reached a level that the conservative medical profession can no longer ignore.”

For more information on ordering Oralmat, see the Member Source Directory at the back of this report.

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## Chapter 2

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### **Turn back the clock with nature's new fountain of youth *Six times stronger than the anti-aging secrets of the stars***

Imagine if the fountain of youth really existed. Imagine if you could wash yourself in its healing waters and walk away feeling and looking like you were in your prime again. What if you didn't have to worry about cancer, hypertension, or other age-related diseases?

Just think about it...would you live your life differently? Would you spend more time visiting friends, outdoors, or at the beach? Would you get started on all those projects around the house that you never have the energy for? Would you lead a more active love life, take up a new hobby, change careers, or just play with your grandchildren on the floor once in a while?

This doesn't have to be just a fantasy. You can now slow, halt, and even reverse the effects of aging on your body. Health Sciences Institute has recently uncovered what could be the most powerful anti-aging supplement ever developed. This breakthrough has been proven to literally reverse the body's aging process by rebuilding old, damaged cells. With this powerful, life-changing panacea you can:

- Protect your cells from degenerative ailments like heart disease, MS, and Parkinson's disease
- Improve chronic age-related conditions like arthritis and osteoporosis
- Wipe away wrinkles and liver spots
- Feel an overwhelming sense of well-being throughout the day

- Regain muscle mass and mobility in your limbs
- Improve the luster and vitality of your hair, nails, and skin
- Sleep through the night and wake up feeling alert and energized
- Boost your immune system

H-3 Plus promises all this and more. It's the next generation of an anti-aging formula developed in Romania almost 50 years ago and heralded by the TV show *60 Minutes* back in 1972. The difference is, H-3 Plus is *six times stronger 15 times longer* than the original Romanian formula ...and it lasts.

This cutting-edge compound has been developed by a distinguished think-tank of scientists and researchers—including HSI panelist, acclaimed author, and nutritional expert, Ann Louise Gittleman, N.D., C.N.S., M.S. It's just been patented in the United States, so there aren't many clinical studies yet. However, the initial results collected by Gittleman and her associates are so astonishing, we wanted to tell you about it immediately so you don't have to wait years for Mike Wallace to get wind of it.

### **The Romanian anti-aging miracle similar to an ingredient every dentist uses**

The story of H-3 Plus actually begins almost 100 years ago in Austria. Procaine—the primary



active ingredient in H-3 Plus—was first discovered in 1905 by biochemist Dr. Alfred Einhorn while he was looking for a non-toxic, non-addictive anesthetic. At the time, cocaine was primarily used, but its negative characteristics were becoming apparent and its use was going to be outlawed. Procaine (very similar to novocaine) became a safe alternative anesthetic.

Nearly 50 years later in 1949, Dr. Ana Aslan of the National Geriatric Institute in Bucharest, Romania, discovered Procaine's anti-aging properties virtually by accident. Familiar with its anesthetic properties, Dr. Aslan began to inject her elderly arthritis patients with Procaine. To her surprise, not only did her patients experience decreased pain and increased mobility, they also began to experience overwhelming physical and mental improvements.

Dr. Aslan called her new discovery GH-3 and began a massive series of clinical trials that studied the effects of Procaine on 15,000 patients between ages 38 and 62. The study included over 400 doctors and 154 clinics, and at that point may have been the largest double-blind trial ever undertaken.

### **Procaine repairs the damage of old age, toxins, and disease from the inside out**

By the time most of us reach 30, our bodies stop reproducing cells at the rate they once did. We literally lose more cells than we gain. And the cell membranes begin to erode and don't absorb nutrients as efficiently. New scientific evidence even suggests that many degenerative diseases—such as cancer, MS, and Parkinson's—are manifestations of damage to these cell membranes.<sup>1</sup>

Dr. Aslan and her research team found that Procaine works by penetrating old or damaged cell membranes and repairing the erosion caused by old age, disease, toxins, food additives, and stress. Bathed in this powerful elixir, cells in the body are then able to receive nutrients and vitamins and expel toxins effectively. This makes for a healthier—and younger—body, from the inside out.

In 1956, Dr. Aslan presented her findings to the European Congress for Gerontology meeting in Karlsruhe, West Germany. While her claims were initially met with skepticism, Aslan's astonishing conclusions could not be ignored for long:

- Close to 70 percent of GH-3 patients never

contracted a disease

- Overall, the death rate in the GH-3 group was more than 5 times lower than the placebo group over 3 years
- Patients were less prone to infectious diseases and seasonal influenza
- Reduction of sick days off work by almost 40 percent
- Joint mobility improved in 56 percent of cases<sup>2</sup>

While not a cure to any single disease, GH-3 was proven to target and improve many common chronic diseases and conditions including:

Acne  
Arthritis  
Decreased sex drive  
Dementia  
Depression  
Emphysema  
Excessive cholesterol  
Failing memory  
Heart disease  
Hodgkin's disease  
Hypertension  
Lethargy  
Liver spots  
Migraine headaches  
Multiple sclerosis  
Osteoporosis  
Parkinson's disease  
Peptic ulcers  
Poor circulation  
Rheumatism  
Sickle cell anemia  
Sleep disorder  
Varicose veins

### **60 Minutes uncovers Dick Clark's anti-aging secret**

During most of the 1960s, GH-3 fought its way through U.S. federal regulations. Then in 1972, Mike Wallace of *60 Minutes* did an investigative piece on this underground anti-aging formula and much of the western world finally took notice. Since it was first developed, over 100 million people in more than 70 countries have used Dr. Aslan's formula. Hundreds of thousands of people were treated with GH-3 at her Romanian clinic, including many leaders from around the world, such as Mao Tse-Tung, Charles de Gaulle, Ho Chi Minh, Winston Churchill, and John F. Kennedy. Even



many Hollywood stars—including Dick Clark, the Gabor sisters, Marlene Dietrich, Charlie Chaplin, Lillian Gish, Lena Horne, Charles Bronson, Kirk Douglas, and Greta Garbo. All traveled to Romania for Dr. Aslan's GH-3 treatments.

**Next generation formula is  
six times stronger than the GH-3  
—and without the downside**

While Dr. Aslan's results were extraordinary, her Procaine formula has its limitations—its beneficial effects wore off too quickly and the market was (and is) flooded by cheap and ineffective imitations. But now, through the HSI network, you and other members are among the very first in the United States to hear about H-3 Plus, the new and improved Procaine compound.

According to Gittleman, "H-3 Plus is the most advanced and only patented Procaine formula ever developed. It's so powerful, many people respond to it within the first three days. I have actually had to reduce my dosage to half a pill because it's so powerful."

The secret to the new formula lies in the purification process. H-3 Plus is run through a highly complex filtering process—making it 100 percent bioavailable. That means *all* the Procaine nutrients can be absorbed into the blood stream. Otherwise, Procaine leaves the body too quickly, providing only temporary relief.

H-3 Plus actually lasts 15 times longer and is 6 times stronger than Dr. Aslan's formula, which only delivered 15 percent of the nutrients and costs thousands of dollars to administer.

According to Gittleman, "H-3 Plus is a potent anti-aging supplement that keeps you feeling energized all day long. We have an enormous number of success stories from people who've felt relief from arthritis, depression, and lowered libido, and other chronic ailments associated with aging. We have even seen a return of some patients' original hair color. But most of all, you feel this overwhelming sense of well being." Gittleman added, "It's almost like an adaptogenic herb—it seems to provide whatever your body needs."

**H-3 Plus is all-natural, and you don't  
have to go to Romania to get it**

Like the original formula, H-3 Plus, now called Ultra H-3, is a completely natural substance, and you don't need a prescription. It comes in pill form and should be taken once or twice daily (six to eight hours apart) with a glass of water, one hour before or two hours after eating. For most people, taking Ultra H-3 twice a day on an empty stomach for three months gets the best results.

Ultra H-3 can be taken with other vitamins and supplements. In fact, your regular supplements may be absorbed more efficiently while taking it.

Through Health Sciences Institute's cutting-edge network of alternative doctors and researchers, members like you can be the first to benefit from this anti-aging breakthrough, and you don't have to travel to Romania to do so. If you want a powerful, all-natural way to slow, halt, and even reverse the aging process—you need to give Ultra H-3 a try. To find out what the "fountain of youth" can do for you refer to the Member Source Directory at the back of this report.

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## Chapter 3

### **Powerful antioxidant may save you from America's leading cause of blindness**

On the shoreline of Kona, Hawaii, an industrial-sized incubator is cultivating microscopic algae. Normally such algae would be nothing more than fish food. But this algae may yield one of the world's most potent safeguards against cancer, heart disease, and blindness.

More than 13 million Americans over the age of 40 suffer from age-related macular degeneration

(ARMD). This gradual decay of the macula—a central area of the retina that provides our most acute vision—is caused by ultraviolet light, air pollution, genetics, drug use, and countless other factors that degrade eye cells. ARMD produces irreversible vision loss and ranks as the single leading cause of blindness.

Researchers at Aquasearch Inc. of Hawaii and the



University of Illinois Urbana-Champaign, however, believe they've discovered a phytonutrient in the ocean that could prevent the onset of ARMD...as well as lower the risk of cancer, cardiovascular disease, and neurodegenerative diseases.

At HSI, we've been looking for something that addresses ARMD for a long time. This is the first promising discovery we've found, and we thought you should know about it.

### **Study concludes nutrient is 80 times more effective than vitamin E**

Astaxanthin [as-ta-zan-thin] is a xanthophyll (a derivative of the pigment, carotene). It's found in certain varieties of algae and produces a pink tint in the flesh of fish that consume it (namely, salmon, shrimp, crawfish, crab, lobster, and trout).

Laboratory research has demonstrated that astaxanthin has exceptional capabilities as an antioxidant (an agent that prevents the oxidation or mutation of cells) and an anti-inflammatory.<sup>1,2</sup> In recent animal studies at the College of Human Ecology in Seoul, Korea, astaxanthin protected the liver from toxin damage and stimulated the body's own cellular antioxidant system.<sup>3</sup>

Japanese researchers at the National Institute of Health and Nutrition conducted a placebo-controlled study on human subjects and found that astaxanthin inhibits the accumulation of LDL ("bad") cholesterol.<sup>4</sup>

Additional studies compared astaxanthin to other carotenoids and concluded that it's twice as effective as beta-carotene and nearly 80 times more effective than vitamin E at preventing oxidation within a chemical solution.<sup>5</sup>

Those results convinced some researchers that astaxanthin could quite capably deliver the same benefit as other antioxidants, namely lower the risk of cancer, heart disease, high cholesterol, neurodegenerative diseases, and other age-related ailments. Now, researchers also surmise that it may help you keep your sight.

### **Carotenoids cross blood-brain barrier to protect eyes**

To give your eyes extra protection, you may already be taking eye-specific antioxidants like lutein and zeaxanthin. Known collectively as xanthophylls, these carotenoids are found most abun-

dantly in corn, kiwi, red seedless grapes, orange-colored peppers, spinach, celery, Brussel sprouts, scalions, broccoli, and squash.<sup>6</sup> And many people include these foods or xanthophyll supplements in their diets to help prevent ARMD and cataracts. (Cataracts, which sometimes appear to be caused by light-induced oxidation of eye cells, currently afflict 14 percent of Americans over the age of 40.)

What makes xanthophylls special is their ability to affect the eyes. Not all antioxidants can do that, since not all are able to cross the blood-brain barrier (BBB). The BBB is a protective mechanism designed to prevent infectious organisms and chemicals from entering the nervous system. This is an effective way to prevent illness from spreading to areas that control life itself, such as the brain. Unfortunately, it also stops beneficial substances, like many antioxidants, from protecting those same organs. Very few antioxidants can penetrate the BBB. Lutein and zeaxanthin can. And so apparently can astaxanthin.

University of Illinois researchers Mark O.M. Tso, M.D., D.Sc., and Tim-Tak Lam, Ph.D., made this key discovery in tests on rats. In a successful petition to patent astaxanthin, they state, "The administration of astaxanthin also retards the progress of degenerative eye diseases and [benefits] the vision of the individuals suffering from degenerative eye diseases, such as age-related macular degeneration."<sup>7</sup>

### **Astaxanthin levels differ by 800 percent in wild and farmed fish**

One simple way to benefit from astaxanthin is to include more fish containing this xanthophyll in your diet. Salmon is the richest source. However, not all salmon have the same chance to accumulate high levels of astaxanthin. Even though aquaculture operations supplement their fish food with astaxanthin, farmed salmon have dramatically less astaxanthin than do wild salmon. Different varieties of the fish raised in different stretches of ocean also contain different levels.

For example, farm-raised Atlantic salmon fed synthetic astaxanthin contain only 0.5 mg of the antioxidant in a 4-oz serving. Free-range sockeye salmon from the North Pacific that feed on wild microalgae containing natural astaxanthin, provide about 4.5 mg in a 4-oz serving.<sup>8</sup> By eating the right salmon variety, you could increase your astaxanthin



intake by as much as 800 percent.

### **Patented incubator maximizes xanthophyll's production**

A potent source of astaxanthin is a microalgae called *Haemotoccus pluvialis* (*H. pluvialis*) that grows in the rocky coastal areas around Hawaii. Scientists at Aquasearch Inc., a local biotechnology company, have harvested samples of *H. pluvialis*, studied them, and created special cultivating techniques to maximize the

microalgae's production of astaxanthin.

After building high levels of the antioxidant in the microalgae, Aquasearch subjects the plant to a special churning process to break open the cells and release the astaxanthin. Next, the algae are pasteurized and dried at a low temperature, and the astaxanthin is extracted and sealed in a softgel capsule. Aquasearch markets the formula under the name AstaFactor. For ordering information, refer to the Member Source Directory at the back of this report.

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## **Chapter 4**

### **What your cells and space shuttles have in common— and how more of it can help your sex life**

A few weeks ago, HSI panelist Allan Spreen, M.D., brought us news of a new, cutting-edge dietary supplement that he helped to develop as the Chief Research Advisor for NorthStar Nutritionals. This unique product, called Argi-Vive III, helps maintain sexual vitality and stamina in men from the most basic level. But the best part? Argi-Vive III is an effervescent, berry-flavored drink. So it's like drinking a glass of sparkling fruit juice that gives you the support you need without having to take another pill. It doesn't get much simpler than that.

#### **The rocket science behind getting an erection**

Argi-Vive III is a combination of niacin, vitamin B12, Panax ginseng root extract, catuaba bark, muira puama, ashwagandha root, gotu kola leaf, maca root, and horny goat weed. But the ingredient that packs the most punch is L-arginine. This amino acid plays a vital role as a precursor for nitric oxide (NO).

If you haven't heard of NO, it probably sounds a bit like rocket science, which isn't actually all that far off: Space shuttles do create this substance as they re-enter the atmosphere. So it's not too surprising that back in the 1970s, when professor Robert Furchgott first suggested that human cells also produce NO, he was met with quite a bit of skepticism.

But Furchgott's theory was confirmed when another group of researchers used a machine designed to detect NO in car exhaust fumes to test human cells. Sure enough, it was there. It turns out

that the nitrogen in nitric oxide comes from the amino acid L-arginine and the oxygen comes from molecular oxygen.

As researchers learned more about how NO works in the human body, they found that your cells not only produce NO, but NO directly affects male sexual response. As far back as 1992, the National Institute of Health (NIH) acknowledged the effect NO has on male erectile function. Basically, it helps enhance circulation, which relaxes smooth muscles in the blood vessels, allowing them to become engorged with blood. And that results in an erection.

#### **Activating your own NO cascade**

Researchers at Hopkins discovered that the release of nitric oxide from nerve endings in the penis caused erections, but the temporary release of NO couldn't explain how erections are naturally sustained over time, since it survives just a few seconds before breaking down.

Working with rats and genetically transformed mice, Hopkins scientists found that after an initial burst of nitric oxide triggers an erection, blood vessels release more nitric oxide to harden and maintain it. As the lead researcher, Arthur Burnett, M.D., explained: "Once blood starts flowing into the penis, the source of nitric oxide in the blood vessels is continuously activated so that more nitric oxide is released, more tissue relaxes, more blood comes in, and a sustained erection is achieved."

Burnett says the cascade begins when erotic



thoughts or physical sensations produce nitric oxide release in nerve endings in the penis. The flow of blood activates the release of more nitric oxide from the cells on the blood vessel walls (endothelial cells). The endothelial nitric oxide causes more tissue to relax, and the process repeats until the penis is fully erect.

In other words, the key element in getting and maintaining an erection is the continuous activation of nitric oxide. That's where L-arginine—and Argi-Vive III—come in. L-arginine is a precursor to NO. And Argi-Vive III contains 3,000 milligrams of it.

Argi-Vive III delivers L-arginine in a simple, unique, intelligent way—just mix one packet of powder with water, drink it like juice, and you're good to go for the day. L-arginine is water-soluble, so mixing the powder with water and drinking it enables it to work faster than tablets or capsules (which can take about 45 minutes to dissolve in your system).

### **A healthier sex life—and a healthier life overall**

Two other nutrients in Argi-Vive III—vitamin B<sub>12</sub> and niacin—support the star player L-arginine. Vitamin B<sub>12</sub> is an essential nutrient that facilitates normal metabolism in cells and works in conjunction with folate to produce DNA and RNA. Animal trials have also shown that B<sub>12</sub> can help maintain healthy male reproductive function, but more research needs to be done in humans. Niacin plays a vital role in providing chemical energy to

the body.

But its benefits don't end there. Argi-Vive III also contains a proprietary blend of seven herbal extracts that have a long tradition of use for supporting sexual health, including catuaba bark, maca, and horny goat weed. The standout among the herbal ingredients, though, is Panax ginseng.

Recent studies on Panax ginseng show that it can increase NO synthesis in the endothelium of major organs, and it has also been shown to enhance the conversion of L-arginine to NO.

### **Convenient, great-tasting, risk-free support**

NorthStar told me that they've already heard from a number of dedicated customers asking for more Argi-Vive III. Of course, it isn't just the L-arginine that's causing such a stir. Men are reporting that they love the convenience—and taste—of this new formula.

All in all, Argi-Vive III may be a great alternative to supporting sexual health and overall good health—without taking another pill. And using it is simple, since it comes in single-serving packets that you can take with you wherever you go. Just mix one packet with 8 ounces of water and drink once a day. For additional support, you can also try a second packet 30 to 60 minutes before sex.

And If you don't feel Argi-Vive III's powerful nutrients going to work for you, just let NorthStar Nutritionals know. They offer an exclusive 90-day unconditional guarantee for HSI Members only.



### HSI member's own kitchen concoction provides option to oral surgery

During a conversation with one of our members, Joe Lesky told me that back in 1997 his son Jim, 31 at the time, went for a regular dental checkup only to be told his gums were in such bad shape that his teeth either needed to be removed or they would fall out. This situation starts with gingivitis (inflammation of the gums), which is caused by plaque. If plaque isn't removed regularly, it grows and causes pockets between the teeth and gums. Healthy gums rest on the teeth without any gaps or pockets, but Jim's gums had pockets that measured 12 to 14 millimeters. Even half this measurement would have indicated a need for oral surgery. But Jim wasn't about to let the dentist pull any of his teeth. So he went for a second opinion—same diagnosis.

Still not ready to give up his teeth, Jim went for a third opinion, this time to a periodontist who diagnosed him with severe gum infection and periodontal disease. What disturbed Jim most was that he had no idea that he even had gum disease. And he's not alone: According to the American Dental Association, three out of four adults over age 35 have some form of gum disease—and most people don't even realize it until the first signs of gum tenderness or some blood on their toothbrush. It seems that even with the current tooth-whitening trend, many of us have been neglecting our smiles. Or maybe the treatments that have been available to us so far are not living up to the need.

The periodontist treated him with an antibiotic for the infection, but, even after the infection was treated, he was told he still needed surgery to reduce the depth of gum pockets. Jim was still hesitant about having such a major procedure, so he called his dad for advice and help.

Joe Lesky had treated himself with homemade remedies for years and has compiled an extensive file of information on herbs and other natural healers. So when Jim called him asking for advice, Joe pulled out his herbal references, and, as he told me in our phone conversation, "After much research, I combined several herbal extracts and essential oils, which were reported to be beneficial to gum health."

The result was a powerful herbal mouthwash that combines:

- Cayenne—fights infection, stimulates circula-

tion and healing, and relieves pain.

- Bloodroot—prevents bacteria from forming plaque via natural antiseptic properties.
- Echinacea—boosts the immune system, relieves pain, and acts as an antiseptic and antibacterial agent
- Bayberry—tightens and stimulates gums. Also an astringent
- White oak bark—eases inflammation, has astringent and antiseptic qualities, tightens gums
- Tea tree oil—offers protection from harmful bacteria and behaves as a natural antiseptic and anti-inflammatory.
- Peppermint oil—stimulates circulation and freshens breath.

Joe instructed his son to mix the formula with water and rinse with it every morning and night. Jim was skeptical, but he figured he had nothing to lose and might save his teeth.

A few weeks later, he went back to the periodontist for a checkup and cleaning. The periodontist noted that Jim's gums looked healthier and the pockets in them had gone down a little, but he would still need surgery. Jim bargained with the periodontist and got him to agree to wait several more months to see if he could achieve even better results using his father's homemade mouthwash.

A few months later, the pockets had gone down more and his gums were pink and healthy. The periodontist was pleased with the progress and they both agreed to hold off on the surgery indefinitely. Today Jim's gums are still in good shape and he continues to use the solution regularly to keep them that way.

### Even reverses oral bone loss

But even more amazing than Jim's return to gum health without surgery is that the bone loss associated with the severe infection had completely reversed. Many times, infections as severe as Jim's end up requiring bone grafts in order to replace lost bone. And that not only hurts your mouth—it also hurts your bank account. But Jim avoided this fate using the home made mouthwash, and he was able to reverse the deterioration altogether.

Sounds great, but we need more than one son's endorsement to cover a product in HSI. After all,



this is just an herbal concoction that someone brewed up in his kitchen once, right? Well, as a matter of fact, Lesky wasn't just getting great results from his son—he was getting great results and feedback from a lot of his relatives, friends, and neighbors who had also tried his formula, and all wanted more. It seemed that the demand had outgrown his kitchen, so Lesky took the next step.

### **Coming to a store near you?**

Lesky took the necessary steps of patenting his formula, designing and printing a label, and working with a manufacturer to produce 2,000 bottles of the product, which he named Peri-Gum. With that, the Lesky family hit the streets to get the word out locally. Joe, Jim, and Jim's wife Terri went around with cases to local health food stores telling of their successes with the formula. Joe even wrote an article for his local New Jersey paper.

Locally, Lesky received a phone call from a dentist detailing how a patient had brought in a copy of his article. It turned out that this dentist's wife and brother were both in need of oral surgery and were able to avoid it using Peri-Gum.

But getting the product out there on a national level didn't happen until a representative from a national natural product distributor heard about Peri-Gum. He also knew someone in need of oral surgery, and, once again, Peri-Gum offered that person effective healing without going under the knife. He was so impressed, he contacted Lesky and worked with him to bring Peri-Gum into health food stores nationwide.

Now Peri-Gum is available across the country. And it's even been the subject of several studies—all of which have confirmed that it works.

Most notably, one pilot study, completed at a prominent northeastern dental school, showed that volunteers' gum and oral health were significantly

improved after just four weeks of using Peri-Gum. Researchers evaluated the subjects' progress by measuring the reduction of gingival health scores and reduction of plaque. Overall, they found a 20 percent reduction in the subjects' gingival health scores and a 16 percent reduction in plaque. And according to the study, Peri-Gum was found not to harm oral tissues.

### **Not what you'd expect from an ordinary mouthwash**

The Peri-Gum concentrate formula is so powerful that when it's diluted with water according to the instructions, just one 1-oz. bottle makes up to 90 ounces of actual mouthwash. For use as a daily rinse, mix five drops of Peri-Gum with 1/2-oz. water and vigorously work the mouthwash between your teeth and gums for at least 30 seconds—the longer the better. Do not swallow.

Lesky recommends using Peri-Gum at least twice a day, especially at bedtime after you complete your normal dental hygiene routine (brushing teeth, etc.). He also suggests taking a very soft toothbrush, dipping it in the diluted Peri-Gum solution, and brushing with that instead of toothpaste.

I admit, my first reaction to a mouthwash containing cayenne was that it would burn—but I was game to at least try it. To my surprise, it didn't burn at all. But it did clean and refresh my mouth. In fact, it didn't just feel clean, it felt rejuvenated.

A leading developer and manufacturer of botanical extracts has picked up where Joe Lesky left off in his kitchen and has taken over the manufacturing of Peri-Gum, and now it's distributed across the country. You can purchase it in various health food stores or on-line directly through Lesky's company: Lesko Care, L.L.C. Contact information is listed in the Member Source Directory on page 15.



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## Chapter 6

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### **An extract from the Oregon grape keeps skin smooth and supple**

Problem skin is not only uncomfortable and frustrating, it can also be embarrassing for many. And for some, it can actually be aggravated by stress. From your scalp, knees, elbows, and ears...to all over. Conventional remedies offering only temporary relief options leave much to be desired.

#### **Mahonia aquifolium: For those serious about skin health**

A product made from an extract of mahonia aquifolium (also known as the Oregon grape) is showing great signs of success with thousands of sufferers. In 1995, researchers in 89 dermatology practices throughout Germany put mahonia aquifolium to the test, using 433 patients who suffered from chronic psoriasis. Over the course of 12 weeks, the dermatologists reported that symptoms improved or completely disappeared in 81 percent of the patients.<sup>1</sup>

#### **60 years of suffering overcome within a month**

For 60 years, Peggy Sterling tried everything she could find to relieve the ugly, itchy patches of angry red that covered nearly her entire body—without success. Then Peggy tried mahonia aquifolium. Within a

month, she felt relief. For the first time since her teens, her skin was clear and smooth. “Quite literally, within days my skin was improved,” Peggy reported.

#### **Extracts available for daytime and nighttime use**

There are a number of products based on mahonia aquifolium, marketed under the brand name of M-Folia. Most useful for psoriasis sufferers are the cream and ointment preparations. Both contain the same strength of mahonia aquifolium (10 percent extract). Many find the ideal solution is to use the cream during the day and the ointment at night (since the ointment can rub off on clothing and make the skin appear greasy).

#### **Safe, non-toxic, and effective**

M-Folia products are extremely safe and appropriate for use even on small children. Although M-Folia can be used in combination with other treatments, please double-check with your doctor if you are using any other medications or if you are pregnant. A few people experience a temporary initial worsening of symptoms, which soon passes. Refer to the back of this report for ordering information.

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## Chapter 7

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### **Herbal-tea extract lowers blood sugar and helps patients lose weight —without changes in diet or exercise**

Diabetes afflicts over 16 million Americans. The American diet—processed foods high in sugar, low in fiber, and virtually devoid of nutrients—combined with a sedentary lifestyle, has caused the disease to spread rapidly. But Type II diabetes (noninsulin dependent) doesn't happen overnight. It usually takes five to 10 years before a recurring set of circumstances repeats itself enough times and causes enough damage to result in diabetes.

Gerald M. Reaven, M.D., of Stanford University Medical Center, coined the term “Syndrome X” to describe the blood sugar disorder that leads to Type

II diabetes. If you have Syndrome X, you're insulin resistant—a dangerous situation since insulin processes the sugar in your blood and converts it to glycogen, which is stored in your liver and muscles for later use.

In the case of insulin resistance, your cells don't respond quickly enough to insulin production and you have high blood sugar levels for longer periods of time. Your body senses that there's too much blood sugar and produces even more insulin.

Instead of being processed by the extra insulin, your body responds negatively and keeps your



blood sugar levels high. This is a self-perpetuating cycle that leads to increased resistance to insulin and even higher levels of blood sugar. As a result, your cells don't get the energy they need—leaving you tired and groggy. Your body responds to this condition by craving more sugar for fuel. So you eat again, flooding your system with even more glucose, and heading down the road to Type II diabetes.

Although Type II diabetics usually produce insulin, their bodies are unable to process insulin efficiently and would benefit from a supplement to help transport glucose out of the blood and convert it to glycogen for storage. In some cases, Type II diabetics don't produce sufficient amounts of insulin and may require oral medication or insulin injections.

If you have Syndrome X, it's very likely that you also have elevated triglyceride levels, low HDL ("good" cholesterol), high LDL or VLDL ("bad" cholesterol), high blood pressure, and the slow clearing of fat from the blood.

Factors that increase your risk of contracting Syndrome X include stress, obesity, lack of physical activity, high-carbohydrate intake, a low-fiber diet, excessive alcohol consumption, polycystic ovaries, and smoking. If you're in the high-risk group for Syndrome X and don't do anything to improve your situation, you'll most likely end up with Type II diabetes. While many of the risk factors can be addressed through changes in your lifestyle, reducing blood sugar levels hasn't been very easy if you're insulin resistant. Until now.

### **Banaba plant lowers blood sugar by 32 percent—in just three weeks**

The banaba is a medicinal plant commonly found in the Philippines and Southeast Asia. Its leaves were traditionally brewed to make a tea used to counteract diabetes and high blood sugar. Researchers found that corosolic acid was the active ingredient in the leaves, so they standardized the extract and created a product called Glucosol.<sup>™</sup>

William V. Judy, Ph.D., of the Southeastern Institute of Biomedical Research in Bradenton, Florida, used Glucosol in animal and human clinical trials to determine if its effects could help mild-to-moderate Type II diabetics reduce their blood-sugar levels. Last year, Dr. Judy conducted five human clinical trials (unpublished) that attempted

to reduce diabetics' elevated fasting glucose levels, which averaged 150 milligrams/deciliter (normal levels are 70 to 110 milligrams/deciliter).

In the first study, 22 Type II diabetics were given 16, 32, or 48 milligrams of Glucosol per day. The resulting decrease in diabetic symptoms was nothing short of astounding. Patients receiving 48 milligrams per day had the most pronounced decrease in their blood sugar levels. After just 20 days, they reduced those levels by an average of 32 percent and lost an average of two pounds without making any changes in their diet or exercise regimen. Three other studies using 48 milligrams of Glucosol per day duplicated those significant blood sugar reductions. The herb appears to work by improving the rate at which sugar is transported out of your blood but doesn't reduce your blood sugar excessively.

### **Glucosol helps you lose weight without disrupting normal blood sugar levels**

To determine if weight loss could be experienced by nondiabetics who take the herbal extract, Glucosol was given to 10 test subjects who did not have a history of blood sugar disorders. The patients were supplemented with 48 mg of Glucosol every day for 30 days. By the end of the test period, the average weight loss experienced by the normal subjects was 2.4 pounds. Two weeks after the end of the test period, the patients had not only maintained their weight loss, they had lost even more weight! Their average weight loss increased slightly to 2.6 pounds. None of the subjects experienced any difficulty with hypoglycemia (low blood sugar), which indicates that Glucosol doesn't transport more sugar out of your blood than is required.

### **With Glucosol, diabetes doesn't have to be the road to serious health problems**

Glucosol and insulin supplements work in different ways. The risks you experience with insulin supplements—either too-low or too-high blood sugar levels—don't happen with Glucosol. Available without a prescription, this herbal extract can help you get control of your blood sugar levels and avoid the serious consequences of diabetes.

Glucosol is available as Normalose<sup>™</sup> from Longevity Science. For ordering information, see the Member Source Directory on page 15.



### Believe it when you see it:

### 3-nutrient eyedrop formula dissolves cataracts without surgery

If you're like me, you don't like putting anything in your eye. Even thinking about it makes me nervous. And the thought of eye surgery? Forget it. But develop cataracts, and it's either surgery or blindness, right? Not anymore.

Doctors in Europe have developed eyedrops with a natural ingredient that can safely and painlessly break up cataracts. These drops have been used successfully in Britain since they were introduced there several years ago, and now they're also available in the U.S.

#### TV show trial sparks interest in natural cataract solution

OcuPhase combines N-acetyl L-carnosine (a.k.a. NAC) with vitamins A and E and appears to have the ability to reverse the aging process of cells that lead to cataracts.

The formula was originally introduced in Europe by Professor Steven Charles Gallant, after his father's experience with cataracts led him to investigate NAC more closely. Gallant had been studying another carnosine derivative, L-carnosine, for many years. When his father developed cataracts and was reluctant to go under the knife, Gallant remembered that the NAC form of carnosine had been proven in previous studies to have positive effects on the condition.

"I tried to get some for him," Gallant explained, "but unfortunately, at the time, it wasn't easily obtainable. My father had to have the operation, which thankfully was successful. But that got me to thinking how great it would be if we were to develop, and make readily available, a product that could address this condition with a simple course of eye drops as opposed to invasive surgery."

After many years of research and development, Gallant came up with an eyedrop formula he called Bright Eyes, which is the basis for the OcuPhase formula available here in the U.S.

In Europe, it seems to have gained popularity after being featured on a U.K. television program called *The Richard & Judy TV Trials* show.<sup>1</sup>

The show conducted its own short experimental trial to see if the eye drops could live up to

their claim of improving vision. The four people who tried it (including the hostess, Judy) did say they noticed their vision had improved.

After seeing the show, hundreds of other people tried the Bright Eyes formula. I'll fill you in on some of those testimonials in a minute, but right now let's talk a bit about the mechanics behind cataracts and what's wrong with conventional treatments for it.

#### Why you're not seeing clearly

The lens of the eye is made up mostly of protein and water that combine as a clear tissue that allows light to pass through and focus on the retina. Over time, the tissue can become damaged by free radicals that occur as a result of any number of reasons—diabetes, long-term use of corticosteroids, heredity, ultra-violet light, poor nutrition, smoking, high blood pressure, aging, etc.

One of the other major causes of damage to the eye is glycation. Glycation occurs when sugars combine with proteins to create a whole new type of compound called glycated proteins, which produce 50 times more free radicals than normal proteins. The end result is that the water-soluble structural proteins in the lens of the eye clump together, or become cross-linked. (They also become oversaturated with water, creating internal pressure in the eye.) This causes the characteristic clouding of the eye lens associated with cataracts. Think of it like cooking an egg white: It's clear and fluid as it hits the pan, but as it becomes stressed by the heat, it becomes opaque and rubbery.

The fix? We need to break down these protein cross-links, restore transparency, and reduce internal pressure—and that's precisely what OcuPhase eyedrops do. But before we talk about how OcuPhase clears the eye lens, let's talk about the most common treatment option for cataracts.

#### Surgery isn't always a one-time solution

During cataract surgery, the damaged lens is removed and replaced with a synthetic lens implant. Sounds simple, but it turns out that cataract surgery is a two-part ordeal.



The new lens implant is held in place inside the eye by a thin membrane called the posterior capsule, part of the original covering of the lens that is intentionally left behind for this purpose. The problem is, in up to 50 percent of patients who have this procedure, the lens capsule begins clouding up again within two years. This isn't quite the same thing as the cataract coming back, since the cloudy posterior capsule is much thinner than the original cataract, and it can be opened up with a laser beam.

The corrective procedure is considered a "follow-up visit" and can apparently be done in the ophthalmologist's office. But to those of us who are squeamish about this sort of thing to begin with, having to do it twice is hardly a selling point—especially considering the other possible complications, like glaucoma, detached retinas, corneal edema, severely compromised corneas requiring corneal transplants, and internal eye infections, which can all potentially cause complete loss of vision.

Apparently, I'm not the only one who finds this option less than appealing. Our contacts at Pure Tango, Inc. also saw a need for more options, which is why they worked to develop OcuPhase: their own version of the highly effective and successful British Bright Eyes formula.

### **Nutrient drops work from the outside in**

The Pure Tango OcuPhase formula contains NAC, vitamin A, and vitamin E. Vitamin A is essential for the health and function of epithelial cells, the cells in the top-most layer of tissues like those in the lens of the eye. When it's used topically in the eye, vitamin E can increase the survival time of corneal endothelial cells, decrease inflammation, speed up healing of eye tissues, regenerate glutathione in the eye (which naturally decreases with age), and even prevent cataracts in some animal studies.<sup>2-7</sup> Add the power of NAC, which seems to act synergistically with vitamin E, and the vitamin combination is suddenly supercharged.<sup>8</sup> But what exactly makes NAC so effective?

The NAC in OcuPhase acts as a time-release version of L-carnosine. It's important to understand that OcuPhase isn't "just" L-carnosine in eyedrop form. Apparently, the results from NAC are achieved safely because of its time-release action: It breaks down and transforms into L-carnosine gradually. To speed

up the process could ultimately cause more damage to the eye.

What's amazing is that even though our eyes and lenses are very impermeable, NAC is able to slowly permeate the lens structure. It's able to do this because unlike straight carnosine, NAC is soluble in lipids as well as in water.<sup>9</sup> The eyes contain both.

So after it enters the lipid components of the eye, NAC transforms into L-carnosine. This small molecule performs a remarkable variety of functions—most notably anti-oxidation and anti-glycation.

L-carnosine actually restores the lens by removing those cross-linked protein groups we talked about earlier. A 1999 Chinese study demonstrated that carnosine has a 100 percent success rate on early-stage senile cataracts and an 80 percent success rate on more advanced cases.<sup>10</sup>

### **Vision improves in 90 percent of study participants**

I found that most of the recent research on N-acetyl carnosine has been carried out in Russia—all with encouraging results.<sup>11-13</sup>

In a 2001 study, Russian scientists conducted two randomized, double-blind, placebo-controlled trials—one for six months, one for 24 months—using an NAC eyedrop formula. A total of 49 patients (average age 65) with cataracts ranging in severity from minimal to advanced (but not to the point of requiring surgery) were treated with two drops of the NAC solution per day. The team monitored the condition of the cataracts, visual acuity, and glare sensitivity.

They found that the eyes treated with NAC were substantially improved in six months—transmissivity (the amount of light penetrating the lens of the eye) increased in 42 percent; glare sensitivity improved in 89 percent; and overall vision improved in 90 percent of the study participants. Even more good news: These improvements held up for the entire 24-month duration of the trial. And there was no worsening in any of the NAC-treated eyes, whereas visual acuity dropped in 89 percent of the controls after 24 months.<sup>14</sup>

### **British customers back up eyedrops' benefits**

As I mentioned earlier, the OcuPhase formula has just become available in the U.S., so there isn't much feedback on it yet. But the very similar



Bright Eyes formula has been available in Britain for some time. The following letters were written to the British distributor of Bright Eyes after it was featured in several articles and on the *Richard & Judy* TV show.

*"I want to tell you about my experiences with the special eye-drops. At first I didn't think there were any real differences, but I persisted in using the drops twice a day in the affected eye. Now after about three months I believe that there are significant changes to my vision. It's been a fairly gradual thing, which may explain why I didn't appreciate any changes early on, but now it's obvious to me that my eyesight has improved. The changes are slower than I anticipated, but I for one am sold on the drops!" —C.B.S.*

*"Some 10 years ago I was told I was developing cataracts from the outside of my eyes to the inside. Five years ago I was told I must not drive: having never learnt I was not too upset. But two years ago I was warned that the cataracts were just about fully formed and I needed check-ups every six months... I have now been using carnosine eye drops for six months. I recently went to the optician and was told I only had a bit of a cataract. Also I do not need to see an optician for two years. I could not believe it... So very, very many thanks. My husband went to the optician last week, and he is just starting to form a cataract in his right eye. Needless to say he will be using carnosine eye drops." —J.C.*

*"In October 2002, I was diagnosed with a small cataract in my left eye. Shortly afterwards a work colleague told me about the eye drops as seen on channel 4 'Richard & Judy.' I started using them. In April 2004, I had an in-depth eye test: NO SIGN OF THE CATARACT."*

—M.S.

### **See for yourself**

As a preventive, the suggested use of OcuPhase is one or two drops in each eye every day. Those with any kind of eye problem may want to apply one or two drops several times a day. Most people report that they start noticing positive results over a three to six month period. Early intervention allows OcuPhase to work even better, since the lens is more permeable in the early stages.

Keep in mind that even though this treatment can be done in the comfort of your own home, it's always a good idea to work with your healthcare provider to assure safety and to monitor your progress.

[Editor's note: At this time, OcuPhase is no longer available in the United States. Call Tango Advanced Nutrition (see Member Source Directory for contact information) for details on how you can order this formula internationally, without any additional shipping costs.]



### **Member Source Directory**

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**Argi-Vive III**, NorthStar Nutritionals. (800)311-1950; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A month supply (30 packets) is US \$49.95 plus shipping.

**Astafactor**, Mera Pharmaceuticals, Inc. 73-4460 Queen Kaahumanu Hwy., Suite 110, Kailua-akona, HI 96740; tel: (800)480-6515 or (808)326-9301; fax: (808)326-9401; [www.astafactor.com](http://www.astafactor.com)

**M-Folia**, NorthStar Nutritionals, P.O. Box 925, Frederick, MD 21705; HSI Member Hotline: (800)913-2592, Press "1" at the prompt, Ask for code: MFOLIA; [www.northstarnutritionals.com](http://www.northstarnutritionals.com)

**Normalose (glucosol)**, Harmony Company, P.O. Box 93, Northvale, NJ 07447; tel:(888)809-1241; [www.theharmonyco.com](http://www.theharmonyco.com).

**OcuPhase**, Tango Advanced Nutrition; ph. (866)778-2646 or (605)275-3589; [www.puretango.com](http://www.puretango.com). A box of five 2-ml vials costs US\$32.00 plus shipping.

**Oralmat**, GoldShield Healthcare Direct, 1501 Northpoint Parkway, Suite 100, West Palm beach, FL 33407; tel. (800)474-9495; [www.goldshieldusa.com](http://www.goldshieldusa.com)

**Peri-Gum**, Lesko Care, L.L.C; tel: (908)272-3081; [www.peri-gum.com](http://www.peri-gum.com). A 1-oz. bottle of concentrate is US\$13.95 plus shipping. Online orders only, using PayPal. Website also offers individual state listings of retailers carrying Peri-Gum or by mail at Lesko Care, LLC 18 Connecticut Street, Cranford, NJ 07016.

**Ultra H-3**, Uni Key Health Systems, Inc., 181 West Commerce Drive, Hayden Lake, ID 83835; tel: (800)888-4353; fax: (208)762-9395; [www.unikeyhealth.com](http://www.unikeyhealth.com)



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### **Australian breakthrough against asthma and allergies**

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<sup>2</sup> [www.smart-drugs.com/ias-info/gh3-prevention.htm](http://www.smart-drugs.com/ias-info/gh3-prevention.htm)

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<sup>3</sup> *Methods and Findings in Experimental and Clinical Pharmacology* 2001;23(2): 79-84

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<sup>5</sup> [www.astaxanthin.org](http://www.astaxanthin.org)

<sup>6</sup> *The British Journal of Ophthalmology* 1998;82(8): 907-10

<sup>7</sup> United States Patent No. 5,527,533; Tso, Mark O.M. and Lam, Tim-Tak; October 27, 1994

<sup>8</sup> *Journal of AOAC International* 1997;80(3): 622-32

### **An extract from a grape keeps skin smooth and supple**

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<sup>2</sup> *Planta Medica* 1995;61: 372-73

### **Believe it when you see it: 3-nutrient eyedrop formula dissolves cataracts without surgery**

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# CLOGGED LUNGS CLEARED: STOPPING AMERICA'S 4TH BIGGEST KILLER

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When one of our contacts called us about a product he referred to as “truly bizarre,” I thought “How ‘out there’ can it really be?” After all, we come across some pretty unique and complex stuff almost daily in the course of our research. But in this case, there really is no other word to describe the novel treatment for cystic fibrosis, chronic obstructive pulmonary disease, and other respiratory ailments that he told me about: Bizarre sums it up nicely.

It's a liquid formula of DNA called Mucolyxir that, applied sublingually, helps dissolve airway-blocking mucous. That's right—DNA under your tongue to help you breathe better: See what we mean by bizarre?

But not only does it appear to be safe and effective, it also costs much less than you might expect for something this revolutionary.

## **Ancient theory meets modern science**

One of the primary theories explaining respiratory diseases is that much of the mucous blocking the airways is a result of the immune system's effort to eliminate bacteria from the lungs.

Mucolyxir's developers, John McMichael and Allan Lieberman, took that theory and further hypothesized that such activity, over time, could result in hypersensitivity that would exacerbate the problem of mucous accumulation. To address this problem, they turned to the ancient homeopathic concept of “like cures like.”

As you'll see below, much of the mucous build-up involved in respiratory illnesses like cystic fibrosis and chronic obstructive pulmonary disease (COPD) is caused by accumulated DNA. So McMichael and Lieberman chose the “like” cure—DNA—as the basis for their Mucolyxir formula.

## **DNA therapy interrupts vicious cycle**

Inside the lungs, the scenario might go something like this: Bacterial-DNA induces the production of various interleukins (such as IL-8), which are associated with inflammation. The presence of

IL-8 sends out a distress signal through your body. In turn, responding immune cells attack and destroy the invaders by engulfing them in mucous. But as the immune cells respond, they spill their own DNA, which is interpreted as an enemy invader in the respiratory environment. This sparks another signal for help, establishing a vicious and continually amplified cycle as the immune cells are repeatedly called into play.

Mucolyxir interrupts this cycle by reducing the production of “signaling” interleukins in order to decrease the production of the protective mucous, which is often more harmful than helpful. It does this in two ways: by regulating anti-DNA activity of the immune system and by clearing mucous to eliminate matter clogging the airways.

Mucociliary clearance involves the movement of the cilia (the tiny arm-like fibers on the cells lining the bronchial tree), secretion of mucous, and movement of water into and out of epithelial cells. In plain English, that means that the tiny fibers in your lungs are stimulated, causing mucous secretion and movement of water, which, basically, forces you to “cough up” the material clogging your airway. The DNA in Mucolyxir stimulates this process.

The DNA that McMichael and Lieberman used in creating Mucolyxir was extracted from salmon, but it's important to understand that there is no gene transfer with this method of DNA use. In other words, you won't suddenly start showing characteristics of salmon. I spoke to Dr. Lieberman to ask how we can be sure that there's no risk of this happening: After all, you don't need gills or fins.

He explained that Mucolyxir uses a microdose of DNA, meaning that there is not even one full genome present in the product. He pointed out that we eat foreign DNA all the time: When you eat a sardine, you are eating the complete sardine DNA, yet you don't take on any characteristics of a sardine. Fortunately, it just doesn't work that way.

Dr. McMichael noted that, based on his observations, Mucolyxir appears to be “helpful in the treatment of severe respiratory conditions like chronic bronchitis and COPD. People treated with it demonstrate



significant improvements in objective parameters such as improved pulmonary function leading to better blood oxygenation efficiency and exercise ability. This product has been formulated to address an unmet medical need that affects a large number of people worldwide.”

And that “large number” is growing every day. While cigarette smoke and work environments (such as textile manufacturing and mining) are the most common causes of COPD, it’s not just the smokers, miners, and manufacturers at risk. A new generation in respiratory trauma is on the rise, one brought on by irritants like toxic mold found inside—possibly even in your own home. These conditions can lead to cases of asthma and COPD.

While pinning down and eliminating these factors is obviously the best solution, that may not always be possible—especially before the onset of respiratory problems. But the good news is that although the formula was originally developed to treat cystic fibrosis (CF), research also supports Mucolyxir’s potential for stimulating an immune response that can protect against or reduce symptoms of asthma and COPD.

### **Real-world results for conditions from CF to chronic sinusitis**

This all still sounds a little like science fiction, but the applications of Mucolyxir are certainly showing real-world results. While it doesn’t cure severe respiratory disease, it does make the symptoms more manageable, in turn, improving quality of life. And although there are no controlled clinical trials at this point, there are some remarkable anecdotal accounts.

Consider the case study of 23-year-old twin brothers, both afflicted with cystic fibrosis. Each had a history of hospitalizations for lung clearance and secondary infections diagnosed as being associated with their cystic fibrosis. Each brother began therapy with one or two drops (0.0006 mg/drop) of DNA sublingually per day.

For almost seven years since beginning DNA therapy, neither has been hospitalized. In addition, follow-up evaluations by physicians revealed a 30 to 45 percent increase in airflow in each patient. And that’s not all: Forced vital capacity, a common measure of lung capacity, and the extent of mucous clearance in the lungs increased from 60 to 90 percent in each patient.

After approximately one year of therapy, one of the brothers stopped taking the DNA drops. His condition steadily worsened, with increased mucous viscosity, decreased lung capacity, and reduced expectoration. When he resumed taking the DNA drops at the prescribed dose, he immediately improved once again.

Another example of Mucolyxir’s potential is that of a 48-year-old woman with chronic sinusitis and bronchitis characterized by chronic head congestion, nasal obstruction, and coughing. She also began treatment with one drop per day of DNA. After just a few days, she noted a dramatic improvement in sinus and chest drainage. Again, when she stopped taking the DNA drops, her condition regressed. Beginning therapy again caused a similar increase in drainage and relief of congestion she’d experienced previously.

Our medical adviser, Dr. Martin Milner, also told us that people with acute or chronic asthma who have excessive mucus production could also be helped by Mucolyxir.

### **Recommended protocol**

When I spoke with Dr. Lieberman, I also asked him to explain what exactly is involved in using Mucolyxir. He told me that it is administered sublingually (under the tongue) in doses of just one drop at a time.

The single drop should be applied on the floor of the mouth, behind the lower teeth, and you should refrain from swallowing for 15 seconds. To avoid dilution, you should also avoid eating or drinking for five minutes after application.

He emphasized that all patients, regardless of diagnosis, are advised to employ the “rush technique” on the first day of using Mucolyxir. This technique involves taking one drop every 15 minutes for one hour. After the first hour, take one drop every hour until bedtime.

On the second and third days of treatment, take one drop four times daily: one after each meal and one before bed. Beginning on day four, use only as needed—more drops on days with severe symptoms, fewer on good days.

Now, what about cost? A formula based on DNA certainly sounds like it would be expensive. But, at about \$35, Mucolyxir is actually fairly affordable, especially considering the cost, in terms of potentially dangerous side effects, associated with the

mainstream treatments—like bronchodilators, antibiotics, and even lung transplants—currently used for cystic fibrosis and COPD.

The drops are stable whether they're refrigerated

or at room temperature, so you can carry them with you, for quick, easy access, in your pocket, purse, or briefcase without worry.

#### **Member Source Directory**

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**Mucolyxir**, Nutricology Inc., 2300 North Loop Road, Alameda, CA 94502; tel.: (800)545-9960 or (510)263-2000, fax: (800)688-7426; [www.nutricology.com](http://www.nutricology.com). A 12 ml bottle costs US\$34.95 plus US\$5.00 for shipping.



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# SECRET GERM ANTIDOTE KNOCKS OUT FLU IN 8 HOURS

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## Russian immune booster giving people their lives back

In 2002, National Geographic published an article that related the details of how the Chernobyl nuclear accident destroyed a nearby anthrax research lab, releasing live anthrax into the wind and affecting villages for more than 60 miles.

What National Geographic didn't cover is what happened in response to this disaster. The Russian military directed classified researchers at the State Scientific Center Research Institute of Highly Pure Biopreparations, located in Saint Petersburg, Russia, to develop protection against such biological warfare agents.

Starting in 1980, the team studied more than 600 products. Only one exhibited effectiveness, low cost, and high safety. The Russian microbiologists discovered a special strain of lactobacillus bacteria with powerful immune-protecting properties. Lactobacillus occurs naturally in your nose, mouth, throat, and intestines.

With all the recent hype about probiotics, you've probably heard about the benefits of lactobacillus. Well, take that concept and put it through special training and you get the powerful immune-boosting formula developed by the Russian scientists—a formula that helped one pharmacist give his daughter back a normal life.

### Knock out flu in less than a weekend

I recently spoke with that pharmacist, John Sichel. He told me that, in his profession, he comes into contact with quite a few product manufacturers—and all sorts of product samples. Most of the time, this is just a run-of-the mill part of his job. But in 1999 he received a sample of this supercharged lactobacillus formula. When Sichel's daughter, Pamela, came down with the flu that winter, he gave her the sample. It completely knocked out her flu symptoms in just eight hours. Sichel was impressed, but he didn't think much more about the supplement again until several months later, when he received a heart-wrenching call from Pamela.

For several years she had been experiencing symptoms of hepatitis C—brain fog, fatigue, depression, and flu-like symptoms that would not go away. Now, though, her doctor told her she had

a viral load of about 250,000 (a healthy person would typically have a viral load of 0), and her immune system just wasn't handling the attack.

Sichel remembered giving her the Russian immune-boosting product to beat the flu and how well it had worked. So he suggested she try the same formula again, although he had no idea if it could pack the same punch against the more serious, aggressive illness his daughter was facing this time. But to his astonishment, once again, the virus was no match for the product. Within just a few months, all of Pamela's hepatitis symptoms were completely gone. She began taking the formula daily—her viral load quickly normalized, and she remains in good health today.

This time, he was so impressed that what had been "just another product sample" quickly became the new focus of his career.

After 50 years working in the pharmaceutical industry, Sichel understood that unless the product became mainstream—accepted under the watchful eye of U.S. agencies—there was a good chance that his daughter's deliverance would not be available to her, or anyone else, in years to come.

To ensure that this didn't happen, he went to pretty extreme measures. He learned enough Russian to be able to effectively communicate with the product's developers and actually traveled from his home in Boulder, Colorado to Russia. Sichel spent the next three years working with the original formulators to devise a plan of action to manufacture this extraordinary product in the USA.

Now, this product, known by many aliases—Lactoflor, Matrix E., Preparate, Extrabiolate, and its current moniker Del-Immune™—is not only available in this country, but it's also 10 times more powerful than the original formulation.

### Breaking down walls to build stronger immunity

When he arrived in Russia, Sichel's first priority was to learn as much about the product as possible. The Russian microbiologists explained to him that they'd worked with scientists in Bulgaria to super-



charge the lactobacillus agent. The Bulgarians showed the Russians how to break the cell walls of this potent lactobacillus, because their research proved that the immune-protecting properties in lactobacillus exist as proteins inside the cell.

Unless the cell wall is broken, our immune systems are unable to “see” these proteins, which are necessary for a dramatic immune response. Once the cell wall is successfully broken, the resulting cell pieces are called “cell wall fragments.” Cell wall fragments have been found to contain highly active proteins, amino acids, and complex sugars that account for the effect upon the immune system. So the researchers used these fragments to create a supplement by freeze-drying them, crushing them into a fine powder, and encapsulating them.

Small quantities of this product were brought to the United States, and Sichel was one of the few people who received samples. Subsequently, nothing came of this technology until Sichel formed a partnership with the Russian researchers.

### **Fans of the original have even higher praise for U.S. version**

Since the manufacturing technology was transferred to the U.S., further refinements, involving innovative culture nutrition and precisely controlled manufacturing procedures, have produced significant improvements in potency over the original Russian product.

The U.S.-made product is estimated to be 10 to 30 times more potent than the Russian counterpart—with three times more proteins within the cell walls. This is due to over a year of diligence by the U.S. team, using the lab’s experience in culture nutrition and modern technology to produce and test the product. They paid special attention to laboratory analysis, DNA formatting, and the development of good manufacturing practice (GMP) standards. Currently, quality control using DNA and other contemporary analysis methods ensures that every batch of Del-Immune is pure and identical.

Sichel told me that many of the original product users were asked to try the new U.S.-made version and report their impressions. More than 50,000 doses of the new Del-Immune product were evaluated in human subjects for comparison, and the results were great news for all of us. Since each capsule is equal to more than two capsules of its predecessor, many users who were taking two or more

capsules a day were able to cut their dose in half, saving money in the process. The higher potency also appeared to decrease the amount of time it takes for the product to “kick in” and start working.

He explained that typical use for Del-Immune is to provide effective, reliable, safe, and immediate immune system support. Users have provided anecdotal reports with its application in flu, West Nile virus, colds, coughs, bronchitis, fatigue, hepatitis C, certain skin infections, yeast, non-healing fractures, constipation, and side effects of chemo and radiation therapies. Essentially, Del-Immune acts like your body’s specially-trained secret virus-fighting agent.

### **You can’t get this immune boost from yogurt alone**

To understand how Del-Immune works, you need to understand some basics of your immune system. According to James L. Wilson, N.D., Ph.D., “The immune system comprises an innate immune system and an acquired immune system. A portion of this elaborate network of immune defense is functional at birth; this is the innate immune system. When called upon, it moves with great speed. A second immune system develops as the body interacts with the environment (and reacts to such influences as vaccination); it is the acquired immune system and works slowly. The host is protected by both the innate and the acquired immune systems, working together.”

White blood cells, called T-cells, are a part of the innate immune system. The T-cells first act as a command center that issues combat orders. Then, this part of the immune system fights viral and bacterial invaders directly—think of it like hand-to-hand combat.

Meanwhile, the B-cells of the acquired immune system act as the artillery. Keeping a safe distance from the invader, B-cells deliberately fire round after round of antibodies toward the perceived enemy without having direct contact with it.

Del-Immune helps the two systems work together more effectively in viral combat situations.

Wilson explained that he was so impressed by this idea and his own clinical experiences, he started investigating the scientific basis for immune enhancement with lactobacilli cell walls and cell wall fractions. Of the various combinations commercially available, the cell wall fractions of specific strains of *Lactobacillus bulgaricus* (*L. bulgaricus*)



appear to be the most potent. One of the significant discoveries the U.S. team made was to identify this strain using modern technological advances—technology not available to the Russian lab at the time of original strain identification.

Wilson explains that the difference in performance between “these immune enhancing strains of *L. bulgaricus* and yogurt cultures or the common lactobacilli preparations sold for intestinal bacteria replacement is...vast.”

### **Your secret agent in the fight against colds and flu**

I told you about Pamela Sichel’s fast relief from the flu and from hepatitis C after taking Del-Immune, but she isn’t alone. I spoke to several people who swear by its protective effects.

After taking Del-Immune at her daughter’s recommendation as a quick fix for her flu symptoms, one woman began taking it as a daily immune-support supplement. As a fifth-grade teacher, she was constantly battling whatever bug her students were passing around. But since she started taking Del-Immune daily, she told me, she has yet to bring home any illnesses from school.

Perhaps even more striking is 56-year-old Matthew R.’s story. He told me that Del-Immune sent the reinforcements his system badly needed to heal after major surgery and cancer treatment: “Two years ago I had two major surgeries. One was to remove a tumor, and, unfortunately, a type of lymphoma cancer was found. Lymphoma affects the immune system and I caught a very bad cold after leaving the hospital. I got down to 112 pounds from 140 pounds and was very weak. John Sichel heard about my illness and offered me some packets of Del-Immune powder. I have taken one dose every day since. Only once in two years did I get sick. That was when I ran out of it... As soon as I started Del-Immune again, things got better. No more colds or flu. I have made sure I don’t run out again, as I am convinced the Del-Immune is keeping my immune system working.”

### **Primetime cover-up?**

In the course of my research, I had a chance to watch a never-aired documentary from a major network news program on Del-Immune. According to the tape, it appears that Del-Immune is not just for colds, flus, and biological pathogens; if your body’s

immune system needs support, it seems to benefit from this product.

In 1992, after the Cold War, the product—no longer classified—was used clinically in the treatment of breast, lung, and liver cancers, serious hospital-type infections, and contagious disease at the State Cancer Hospital in St. Petersburg, Russia. The product was also used to boost the immune systems of patients undergoing chemo and radiation therapies, allowing the patients to complete their therapies without the usual debilitating effects. Numerous Russian studies document the remarkable cancer-related uses of this secret agent. The doctors reported that the patients on Del-Immune looked and felt better and had more energy.

With such promising reports and potential benefits, it’s tough to fathom why the piece never aired, but if I had to guess, I’d say it probably had something to do with the all-too-familiar red tape so many effective natural treatments encounter when they’re brought to the public. But despite the suppressed news coverage, Del-Immune is now available in this country, and, as you’ve read, it’s already becoming the answer to many people’s immune concerns.

### **Fast relief without the side effects**

Del-Immune offers both consistent long-term support and immediate support. The recommended daily dose as a dietary supplement is one to three capsules daily, or as directed by a healthcare provider. The fast-acting remedy dose—two capsules immediately, followed by an additional two capsules 12 hours later—should be taken at the first sign of cold or flu.

After taking Del-Immune, you can expect the boost of immune support to begin in approximately six to eight hours. Relief is often as fast as 24 hours but varies for each person.

There are virtually no reported side effects and it is shown to be very safe—even at high doses of up to 15 grams per day. According to the manufacturer, during testing, massive dosages—50 to 100 times the suggested dose—caused gastric upset in some subjects. Dr. Elin Ritchie, a medical doctor with a practice in Taos, New Mexico, remarks that, “I have used Del-Immune in more than 20 patients in the last few months, since it became available to me. None of the patients have experienced any side effects.”

Many of the testimonials in the *never-aired* documentary mentioned that they were especially confi-



dent in the safety of the product. And because it is grown in a special media, not cultured in milk, some lactose intolerant users have reported they experience no problems taking it.

See the Member Source Directory on page 5 for complete ordering information.

### **HSI's immune-boosting all-stars**

All too often these days, just as you find a natural alternative that works—poof! It's no longer available, but there are three others I wanted to mention.

These few products aren't necessarily "late breaking news," but they are effective in helping boost your immune system. And in a time where our effective natural options are dwindling fast, it's more important than ever to be aware of what we still do have access to.

N-acetylcysteine (NAC) is a naturally occurring derivative of the amino acid cysteine. Your body uses NAC to manufacture another compound called glutathione, which acts as a master antioxidant and liver detoxifier. As such, glutathione plays a critical role in supporting the immune system—fighting disease and protecting the vital systems of our bodies.

Glutathione stores can be depleted by injury, strenuous activity, chronic disease, or radiation exposure. Supplementing with NAC will help restore and maintain optimum intracellular (inside the cell) glutathione levels.

According to one human trial, NAC significantly increased immunity to flu infection. Over a six-month period, only 29 percent of those people taking NAC developed symptoms of the flu, vs. 51 percent of those taking a placebo.<sup>1</sup>

NAC is widely available in health-food stores and through mail-order companies.

The second featured product is ImmPower (AHCC). AHCC is an extract of a unique hybridization of sev-

eral kinds of medicinal mushrooms known for their immune-enhancing abilities. On their own, each mushroom has a long medical history in Japan, where their extracts are widely prescribed by physicians. But when combined into a single hybrid mushroom, the resulting active ingredient is so potent that dozens of rigorous scientific studies have now established AHCC to be one of the world's most powerful—and safe—immune stimulators.

Since 1987, various clinical trials conducted in Japan have demonstrated that AHCC has the ability to support normal immune function. More than 700 hospitals and medical clinics in Japan recommend AHCC as part of a regular immune maintenance program. It's available in America as ImmPower™ AHCC®.

Typically, each soft-gel capsule contains 300 mg of AHCC. Dosage recommendations range as follows: For maintenance of general health and prevention of disease, 1 to 3 grams per day; for treatment or prevention of cancer drugs' side effects, 3 to 6 grams per day.

Our third standout—lactoferrin—has literally been around forever. In fact, lactoferrin, an iron-binding protein in breast milk, was the very first immune booster. It has two specific functions: First, it binds to iron in your blood, keeping it away from cancer cells, bacteria, viruses, and other pathogens that require iron to grow. And it also activates very specific strands of DNA that turn on the genes that launch your immune response.

Numerous studies on rats as well as patient case histories have documented the benefits of lactoferrin in helping to combat many types of viral and bacterial illnesses, as well as malignancies.

The general recommended dose is 100 milligrams each day, taken at bedtime.

For product information and how to order, see the Member Source Directory on page 5.



### Member Source Directory

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**Del-Immune**, Pure Research Products, 6107 Chelsea Manor Court, Boulder, Colorado, 80302; ph. (888)466-8635; [www.del-immune.com](http://www.del-immune.com). A 30-capsule bottle cost US\$19.50 plus US\$5.00 for shipping. Discounts offered when ordering in bulk.

**ImmPower** (AHCC), Harmony Co.; tel. (888)809-1241; [www.theharmonyco.com](http://www.theharmonyco.com). A 30-capsule (500-mg) bottle is \$49.95 plus shipping.

**Immunoguard (lactoferrin)**, Gold Shield Healthcare, 1501 Northpoint Parkway, Suite 100, West Palm Beach, FL 33407; tel. ((800)474-9495; [www.goldshieldusa.com](http://www.goldshieldusa.com).

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- 1 "Attenuation of influenza-like symptomatology and improvement of cell-mediated immunity with long-term N-acetylcysteine treatment," *Eur Respir J*. 1997; 10(7):1,535-1,541

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# BOOST BONE DENSITY 27%: TODAY'S MEDICINES FOR WOMEN

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## The milk-less secret to preventing osteoporosis

In October 2004, the U.S. Surgeon General released the first-ever report on bone health—and the news wasn't good. Apparently, by 2020, half of all Americans over age 50 will be at risk for low bone density and osteoporosis. But this dire warning did come with a silver lining: The risk will only increase that much if no one takes any immediate action to protect her bones.

No problem—we can all handle taking action. It's figuring out what action to take that can present a challenge. Of course, there are the prescription drugs like Fosamax, designed to build bone mass, and the dairy industry still clings to its claim that milk builds strong bones.

But osteoporosis drugs come with their own risks like nausea, altered sense of taste, and bone or joint pain. And milk just doesn't cut it in terms of bone health: In fact, studies show it's not the best source of calcium, the most crucial bone-health nutrient, and it doesn't actually protect against fractures or other bone problems.

You may have already made the switch over to calcium supplements to protect yourself from bone loss and osteoporosis. The key to keeping your bones strong and healthy is to regulate the calcium in your body. And now there's an all-natural product that can help you do that.

It's called Osteophase, and preliminary studies show that it can reduce the loss of calcium, increase bone density, and increase bone remodeling.

### Calcium regulating superstars that will save your bones

Osteophase is the first nutritional supplement that reliably regulates calcium homeostasis to build skeletal bone and resolve calcium overload.

It's a marine-based formula made from oyster shell lining combined with 21 different amino acids, iron, zinc, and three specific herbs—Astragalus, Angelica sinensis root, and Coix seeds.

The inner lining of the oyster shell contains biologically active proteins and enzymes that are

responsible for stimulating the formation of the hard outer shell from available calcium. The manufacturers of Osteophase developed a method of extracting these bioactive ingredients from the shell lining, along with calcium from the actual shell.

When they're combined with the three herbs in the formula, the active components of the oyster shell lining help regulate the functions of calcium in the body, pulling it out of soft tissues where it can cause damage, and re-directing it into the bones to strengthen them.

Research has shown that Astragalus extracts inhibit bone loss in rats that have had their ovaries removed. This could indicate that it may be a good bone-protecting alternative for post-menopausal women who were counting on hormone replacement therapy for this purpose.

Angelica sinensis is frequently used as the main ingredient in herbal prescriptions for bone injuries. One study found that Angelica stimulated synthesis of a substance called OPC-1, which is a crucial part of bone formation.

Coix seeds help counteract the degeneration of bone and cartilage.

### For once you need even less than the "experts" recommend

The dose of Osteophase used in the clinical evaluation in China contained less than 125 mg per day of calcium. This level of calcium intake is actually far below the 1,000 mg of daily supplementation recommended by U.S. health authorities to protect against bone loss. But despite the lower level of calcium, the researchers found that Osteophase reduced the loss of calcium by up to 69 percent, increased bone density by 27 percent, and increased bone remodeling by 100 percent.

These results support the notion that Osteophase achieves its results by regulating the amount of calcium in the body—not by increasing it.

So even though the U.S. government probably won't add it to its list of ways to head off the bur-



geoning epidemic of osteoporosis and bone loss, it certainly looks as if Osteophase might be one of the best tools for taking that “immediate action” the Sur-

geon General recommended. See the Member Source Directory on Page 5 for ordering information.

## **Replenish your body's supply of this natural moisturizer and say goodbye to wrinkles and joint pain**

The promotional material reads like an Oil of Olay commercial: “Reduce wrinkles and visible signs of aging” with a dietary supplement used by the porcelain-skinned beauties of Japan. Yes, natural medicine—that wholesome realm of herbalists, naturopaths, and health nuts—has gone “glam” and produced a “cosmaceutical.”

But heck, if natural medicine can generate products that boost the immune system, lower cholesterol, and ease hypertension, why can't it formulate products that combat wrinkles too?

A new wave of supplements containing hyaluronic acid—a complex carbohydrate that has been described as “nature's moisturizer”—are purporting to nurture smoother, younger skin. And anecdotal evidence suggests they may also support more limber, less painful joints. Further, some limited clinical experience indicates that hyaluronic acid supplements prevent bruising and accelerate wound healing—a property that benefits diabetics in particular.

But overwhelmingly, HA is a beauty supplement. Over the years at the HSI Symposia, we've met some of the youngest 70-, 80-, and 90-year-olds you can imagine. And since a lot of you let us know that you want to look as young as you feel, we decided to digress from our usual roster of stories about hardened arteries, cancer threats, and liver disease, and devote a few pages to the pursuit of youth—naturally.

The key here is *naturally*. There are plenty of ways to get rid of wrinkles, but whether those products and procedures are safe is another issue entirely. The newest trend involves injecting the toxic substance (an FDA-approved toxic substance, but toxic nonetheless) Botox, into the face. Despite the obvious dangers associated with injecting poison into the body, women around the country have started to abandon Tupperware and bridge parties for Botox parties. We kid you not. Women are inviting friends over to have a strain of the botulism virus,

which literally paralyzes the muscles, injected below their eyes, around their mouths, anywhere they have wrinkles—all while munching on chips and salsa and gossiping about the neighbor's affair. We were, quite frankly, very disturbed by this trend and decided to explore a natural alternative. We found one in hyaluronic acid (HA).

### **When was the last time someone told you how “Toki” you look?**

There is actually some science and research to demonstrate that hyaluronic acid can help you look younger. To get to the science, we had to get past a lot of the cosmetic-counter-style marketing lingo. But we just can't move on without sharing a taste of it. Toki, for example, is a multiple-ingredient beauty supplement that includes HA. In Japanese, *Toki* means “skin of a porcelain doll,” writes the product's North American distributor, Lane Labs. “The highest compliment a woman can receive in Japan is that she is looking Toki.”

Nobody said beauty comes easily. To understand how HA can foster younger skin (and produce a few other health benefits) you first have to understand how your skin, joints, and soft tissue function at a cellular level. It's a little complicated. One senior educator with a formulating company told us that she has a particularly difficult time educating sellers about her HA supplement simply because the science behind HA is so much more complicated than the science behind a vitamin or herbal formula. So we've tried to make the science a little more digestible.

Hyaluronic acid is a gel that is found in soft tissue throughout your body. Its function is to lubricate and cushion tissue whether that tissue is part of your skin, joints, eyes, cartilage, blood vessels, heart valves, whatever. It accomplishes that function in a couple of ways:

- HA is a major component of your extracellular matrix (the liquid between your cells). There, HA retains water, hydrates your cells, and pro-



vides a medium to carry nutrients to cells and waste away from them. In short, it keeps your cells healthy and resilient.

- HA is also a primary constituent of synovial fluid (the liquid that fills each joint cavity). There, it serves as a shock-absorber for your knees, ankles, elbows, etc. HA also serves as the primary source of nutrients for your cartilage. (Cartilage isn't connected to the blood system, consequently it can't get nutrients from the blood stream.)
- HA supports the formation and maintenance of collagen. As the principal protein in human skin, bone, cartilage, tendons, and connective tissue, healthy collagen levels are critical to skin, joint, and bone health.
- Finally, HA contains glucosamine—a carbohydrate that supports joint health and has become an effective supplement for many osteoarthritis sufferers. (In fact, it's so common you can probably find it right next to the aspirin in your grocery store.)

HA's impact on your skin is obvious, keeping it smooth and moisturized. It also helps your skin resist and repair bruises and cuts by helping cells move to new tissue sites. In less obvious ways, HA provides exactly the same benefit to joints, eyes, and other parts of your body.

As we age, however, our bodies produce less HA. Production starts to lag around age 20. By 40, diminished supplies of HA leave us with those aches, pains, and wrinkles we've always thought were "unavoidable parts of aging." So all we have to do is supplement our HA levels, right? Unlike many of the natural remedies you've read about here, it just wasn't that easy with HA. But today it's possible, thanks to some new advances.

### **HA supplements: Two decades in the making thanks to two big challenges**

Mainstream medicine began studying and using hyaluronic acid 20 years ago. It developed a few products to heal wounds, burns, sores, and surgical incisions, to speed recovery from eye surgery, and to ease the symptoms of advanced osteoarthritis. But researchers ran into two problems when they started developing HA treatments. First, it doesn't last long in the body (so you have to take it frequently). Second, in their natural state, HA molecules are

so large that they can't pass through the intestinal tract and into the blood stream. In other words, raw HA cannot be effective when taken orally.

Consequently, HA hasn't yielded many convenient treatment options. Osteoarthritis sufferers, for example, have gotten substantial relief from HA treatment.

(HA provided better pain relief than naproxen in one study.<sup>1</sup>) However, the regimen involves getting injections in the joint (usually the knee) five times a week. Not surprisingly, the pain and inflammation caused by the treatment was sometimes as severe as the pain and inflammation caused by the disease!

### **Mini molecules offer big benefits**

Alternative medicine researchers, however, claim they can now access the benefits of *hyaluronic acid* through a dietary supplement. Deanne Dolnick, an educator with Soft Gel Technologies in California, says researchers have found a way to reduce the size of HA molecules so that they can pass through the lining of the digestive system and deliver potent HA to the blood stream.

"There are scientists in Japan who have patented an enzyme-cleaving technique," Dolnick says. "What they have done is they have made *hyaluronic acid* into smaller polymers so that it's a smaller version of the original without chemically altering it. It functions in the body just as *hyaluronic acid* would." Right now, the evidence showing that HA can be effective as an oral supplement is limited. But some does exist.

### **Wounds heal 5 days faster**

In one test, researchers anesthetized lab rats and gave them each identical skin wounds. The animals were divided into three groups: One group received 3,000 mg/kg of oral HA daily (in the form of Injuv™ supplements), the second group received an oral placebo daily, the third group received daily topical doses of a commercial wound-healing ointment. Researchers measured the wounds each day for ten days and concluded that oral HA dramatically reduced healing time. Rats fed HA healed within 13 days—five days faster than placebo-fed rats. In addition, the HA delivered almost as much benefit as the commercial wound-healing ointment. Rats treated with



the ointment took 10.6 days to heal.<sup>2</sup>

### **Over 80 percent of study participants report “great improvement”**

Healing wounds on rats was a promising start. But researchers still needed to determine if HA could improve the skin of creatures that aren't covered in fur. So researchers at Ohtsuma University in Japan conducted a small trial with humans. They monitored the impact of oral HA on 96 women, aged 22 to 65. Every day for 45 days, the subjects consumed six capsules of Injuv. Each capsule contained 6.3 mg of hyaluronic acid, for a total daily dose of 37.8 mg. More than 80 percent of the women reported “great improvement” in skin moisture, smoothness, and firmness on their faces, hands, elbows, knees, and heels. More than 70 percent noticed significant relief from stiff shoulders and joints.

According to Dolnick, hyaluronic acid has not triggered any adverse side effects in people using Soft Gel's HA supplement. (Extracted from roosters' combs, the product could theoretically trigger allergic reactions in people sensitive to chicken or eggs. But so far, none have been reported.) The product has also passed an oral toxicity study in which 10 rats (five male and five female) were given 5050 mg/kg daily for four days. The high dose triggered diarrhea in some animals, but no other side effects. Researchers found no abnormalities when they later euthanized and autopsied the animals.<sup>3</sup>

### **Wrinkle reduction in a lemon-flavored drink**

Obviously, some results posted from skin care studies are inevitably subjective. When it comes to determining how dry a person's skin feels, researchers often must rely on the impressions of the test subjects. But researchers can measure changes in wrinkles and other visible skin conditions. Lane Labs, conducted a small scale human trial of Toki—that all-natural secret of Japan's porcelain-skinned beauties—and obtained some impressive results.

Toki is a different kind of supplement. Sold in powder form, Toki is mixed with cold water to create a drink that tastes like generously sweetened lemonade, and contains several ingredients that can promote skin and joint health—hyaluronic acid, collagen, calcium, vitamin C, glucosamine, and sea-

weed extract.

### **Iron out wrinkles in as little as two weeks**

Researchers asked 38 women ages 35 to 65 to take Toki for eight weeks (three times a day for the first two weeks to achieve a “loading dose,” then twice a day for the remaining six weeks). Each woman's face was examined and photographed at the beginning of the study, focusing particularly on wrinkles, puffiness, and sagging around the eyes. Researchers re-examined each woman every two weeks for the duration of the study. They documented significant reduction of wrinkles and other signs of facial aging after just two weeks of supplementation, and dramatic improvement by the end of the study. Through a series of blood tests, they also determined that participants' blood collagen levels actually increased an average of 114 percent after 30 days of supplementing with Toki.

One-third of the women experienced mild to moderate side effects from the treatment (primarily itching and gastrointestinal upset). However, those conditions disappeared quickly and did not prompt any women to discontinue the supplement. After all, remember, women are injecting poison into their faces to get similar results. So what's a little gas or scratching?

### **Laugh lines might not be all you lose...**

The women in Lane Labs' study also reported one unexpected effect. They lost weight. On average, each participant lost two pounds during the study, although some women dropped as much as seven pounds. “We're not promoting it as a weight-loss product,” says Jennifer Nissen, N.D., Lane Labs' manager of nutritional research. She suspects Toki's collagen content was responsible for the incidental weight loss. “Collagen is a protein and protein helps level out your blood sugar, decreasing blood sugar crashes and sugar cravings. Protein is also filling, so if women drink it before a meal, they may eat less.”

### **Beauty...at a price**

Regardless of whether it's new and alternative, Toki holds true to one old adage: Beauty doesn't come cheap. A box containing 60 packets of Toki sells for \$195 plus shipping. That means younger skin is going to cost you roughly \$200 a month (and closer to \$300 in the first month when the recommended dosage is higher). But then again,



Botox treatments start at about \$300 per injection. And a small bottle (1.7 ounces) of Clinique's "anti-aging serum" will set you back more than \$50. Any way you look at it, the fountain of youth comes with a steep price tag.

If you want to try HA but don't want to have to sell the farm, there's an alternative. Straight

hyaluronic acid supplements are cheaper than Toki. A month's supply of Injuv (which is currently being marketed under the brand name SkinGlow) costs \$62.50. See below to find out how to order either of these products.

## References

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- 1 *The Journal of Rheumatology*, 1998; (25)11: p. 2,203-12
- 2 Research report of MDS Panlabs Pharmacology Services, Taiwan
- 3 Quality assurance report from StillMeadow Inc., March 2000

### Member Source Directory

**Osteophase**, Tango Advanced Nutrition; tel. (886)778-2646 or (605)275-3589; [www.puretango.com](http://www.puretango.com). Special HSI-member pricing: A 30-capsule bottle costs US\$26.95 plus shipping. A 60-capsule bottle costs US\$45.95 plus shipping.

**SkinGlow**, Nuricology; tel. (800)545-9960 or (510)263-2000; website [www.nutricology.com](http://www.nutricology.com). A bottle of 150 softgels is US\$62.50 plus shipping.

**Toki**, Compassionet, P.O. Box 710, Saddle River, NJ 07458; tel. (800)510-2010, ext. 9 or (201)236-9290, ext. 9; fax (201)236-0090; [www.compassionet.com](http://www.compassionet.com). US\$149.95 plus s/h.

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*Banish fatigue and feel  
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# NATURAL ENERGY BOOSTERS: BANISH FATIGUE AND FEEL YEARS YOUNGER

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## Who wouldn't want 52% more energy: What the "Goldilocks Effect" can do for fatigue and your immune system

We wade through so much dense science every day that when someone came to us recently and wanted to talk about Goldilocks, it was a welcome change of pace. But you'd be surprised just how closely related science and Goldilocks really are—especially when it comes to your energy levels.

Remember her unwavering dedication to finding things that were "just right" for her needs? Well, the new product HSI recently learned about takes this lesson to heart, and, as a result, provides significant relief of fatigue in over 90 percent of the people who try it.

It's called COBAT and it was originally developed by cancer researchers. Unlike toxic chemotherapies that are designed to destroy cancer cells, COBAT, a combination of two amino acids, taurine and beta-alanine, is a type of immunotherapy and is designed to stimulate the patient's immune system into anti-cancer activity. This can be a risky proposition for the patient: Sometimes stimulating the immune system can create other problems, such as allergic reactions or autoimmune disorders. But, in this case, the researchers found that COBAT didn't simply stimulate the immune system, it normalized it. It's actually an immune modulator.

Another way to describe COBAT's effect is "adaptogenic." An adaptogen is a substance that the body uses as it is needed. Instead of having one specific effect, adaptogens allow the body to adapt to various conditions, bringing it into a state of normalcy. For example, an adaptogenic substance that helps regulate temperature wouldn't be limited to making you either hot or cold but would cool you when you're too warm and warm you when you're too cold. COBAT seems to have this kind of effect on the immune system.

### Not your average energy booster

And it's these immune-regulating effects that make COBAT so different from other energy boosters.

To combat fatigue, most people choose some

type of stimulant, whether it's caffeine, an herbal supplement, or sugar. Those inclined to natural products might buy herbal stimulants, long-distance truck drivers and late-studying students favor mild over-the-counter stimulants, and some folks take their chances by abusing legal or illegal drugs. Overall, Americans spend over \$100 billion dollars a year on "pick-me-ups."

But all of these substances generally address one or more of the same mechanisms to alleviate fatigue. They stimulate the central nervous system, which increases blood pressure and heart rate; they stimulate the endocrine system to produce more adrenaline, which, in turn, stimulates the central nervous system; they elevate blood sugar; and/or they alter brain chemistry. These approaches do yield short-term results but often have long-term side effects. They stress the body and can eventually lead to a variety of illnesses-and, ironically, increased fatigue.

COBAT, on the other hand, goes directly to the cause of fatigue: irregularities in your immune system. Of course, that begs the million-dollar question:

### What does the immune system have to do with fatigue?

Fatigue can seem to result from a number of causes: blood sugar disorders, chronic infections, allergies, and toxicity. But all of these affect, or are affected by, a group of chemicals called cytokines. Cytokines are proteins produced by various types of white blood cells that make up the immune system. They act as messengers between the cells, enabling them to work together. Cytokines also stimulate cells to produce other cytokines, resulting in "cytokine cascades." Cancer researchers studying the immune system have long known that an increase in certain cytokines can cause a "cytokine syndrome" of fatigue, fever, brain fog, muscle pain, and depression.

At the 38th annual meeting of the American Academy of Environmental Medicine in 2003,



Aristo Vodjani, Ph.D., of ImmunoScience Laboratories, presented studies on 2,500 patients with chronic fatigue syndrome, fibromyalgia, and Gulf War Syndrome—all fatiguing illnesses. Dr. Vodjani showed that these patient groups exhibited surprising similarities in cytokine patterns. It appeared that the body, in trying to protect itself from infection and other stressors, established a cytokine pattern associated with lower energy and pain. While it's obviously critical to deal with underlying infections and stressors, it also makes sense to consider balancing the cytokines directly.

### **This is where Goldilocks comes into the story**

Not too many. Not too few. Just the right amount of **cytokines**.

According to research done at the University of Maryland, COBAT increases the production of some cytokines and decreases others, and this alters existing cytokine patterns that apparently are a major cause of fatigue.

Floyd Taub, M.D., one of the chief investigators, described this as the “Goldilocks effect”: Not too much, not too little, but just the right balance of cytokines.

Another member of the research team, Thomas M. Dunn, M.D., noted that COBAT's key effect might be the change in calcium flux it induces. Calcium flux, the movement of calcium ions in a cell, is the primary activation signal for immune cells that leads to an amplifying cascade of immune stimulation under the appropriate conditions.

### **Safety proven in homeopathic trials**

COBAT is basically a combination of the amino acids **taurine** and **beta-alanine**. (COBAT is short for the chemical name “carbobenzoxy beta-alanine-**taurine**.”) Taurine and beta-alanine perform numerous biological functions. Taurine helps regulate the heartbeat, maintain cell membrane stability, and prevent brain cell overactivity. Beta-alanine is a constituent of vitamin B5 (pantothenic acid) and coenzyme A, both of which play important roles in various metabolic reactions.

COBAT is similar to garlic, alpha-lipoic acid, MSM, and N-acetyl cysteine in that it contains a sulfur compound. However, while these substances and amino acids are usually administered in doses of up to a gram or more, COBAT's therapeutic

dosage is measured in billionths of a gram. To get to those tiny dosage amounts, COBAT is prepared in the same way as homeopathic preparations, diluting it by a factor of 10 six times (“6X” in homeopathic nomenclature).

These miniscule amounts are one reason COBAT is considered nontoxic and extraordinarily safe. One animal study found that rats tolerated 2,000 milligrams of COBAT per kilogram of body weight for 14 days with no adverse effects. The normally prescribed dosage of COBAT is 1 billion times lower than this level. Other animal studies found no signs of toxicity, no increase in mortality, and no abnormal findings when COBAT was administered at thousands and millions of times the prescribed dosage.

In March of 2001, 39 normal volunteers completed the first homeopathic proving trial for COBAT. In this case, the term “normal” means random, in that the volunteers were not chosen because they had specific conditions, as was done for other trials.

The study was conducted by David Riley, M.D., associate clinical professor at the University of New Mexico School of Medicine, editor in chief of the peer-reviewed journal *Alternative Therapies in Health and Medicine*, and co-founder of the Integrative Medicine Institute. The volunteers were given one or two drops of COBAT in 6X or 8X strengths for at least one month.

In this double-blind trial, 92 percent of the patients given COBAT reported significant reductions in fatigue, versus 26 percent of the patients given a placebo. A few volunteers felt better in minutes, the majority felt a difference in days, and a few not at all.

Dr. Riley told me that in all of the trials similar to this one that he's been involved with, “COBAT produced the strongest effects.” Another measure of how significant these results are came from Dr. Taub, who verified the significance of these results, saying that “standard allopathic treatments for fatigue are effective less than half of the time.” But, as mentioned before, those positive effects come complete with a variety of side effects and compromises—unlike COBAT.

### **Trials show a number of other benefits**

Reduced fatigue was not the only benefit found in the homeopathic trial. Other symptoms addressed by COBAT in this study included appetite abnormalities, coughs and colds, headaches, digestive problems, uterine fibroids, headaches and muscle aches, neuro-



logical problems, and premenstrual syndrome (PMS).

One patient, a 55-year-old female with lung cancer, entered the study for fatigue and allergies. In addition to less fatigue and less frequent and severe allergy symptoms, she reported that COBAT helped with her recovery from chemotherapy by helping to maintain her appetite and weight.

In a trial held in 2002, all but one of 16 patients diagnosed with cancer, hepatitis C, or chronic fatigue syndrome reported significant improvements. COBAT was four to 10 times more effective than conventional drug therapies in reducing fatigue in CFS patients. The rest of the subjects reported an average 52 percent improvement in their energy levels. There were no other interventions or changes in diet and activities, and about half of the improvement was noted within four to 10 weeks.

Again, patients reported positive effects on other health complaints, citing improvement in memory, and decreases in depression, headaches, allergies, pain, and gastrointestinal symptoms. Several patients also entered the trial with elevated liver enzymes, a sign of liver disease. All of their readings decreased to normal during the trial.

### **Effective against mild fatigue in healthier people**

Normally, we should experience fatigue only as a sign that it's time to go to sleep, after extraordinary physical or mental exertion, or when we have serious health conditions, like the patients in the studies outlined above. These days, however, fatigue affects many of us even when we seem to be in otherwise good health. Everyone wants more energy, and COBAT appears to be unequaled in its effectiveness, safety, and ancillary benefits.

So after all the formal results were in, Stephen Levine, president of the Allergy Research Group, was curious about how COBAT would work on people who are generally healthy but describe themselves as having "mild" fatigue. He recruited a few friends and co-workers to try COBAT. These anecdotal comments don't compare to the scientific evidence, of course, but they are interesting.

A co-worker with fibromyalgia said that after five days on COBAT, she "awoke feeling like a completely different person." Her twin sister, who has chronic pain from an unsuccessful shoulder operation, said "after two weeks, I started waking up feel-

ing refreshed and had a better ability to concentrate." A menopausal woman noted that COBAT "decreased brain fog and increased my mental clarity...I slept soundly and awoke refreshed and relaxed." And one person (lucky enough to have no health complaints), said "COBAT...creates no buzz or edginess, yet it provides energy for both physical and mental work. It allowed me to stop drinking caffeinated coffee for the first time in my adult life."

### **Where to get COBAT and how to use it**

COBAT is sold under the brand name Taurox SB, and is available in two strengths, 6X and 7X. 7X sounds like it would be the more powerful of the two, but these terms refer to how diluted the substance is, so 7X is actually diluted more and is a weaker preparation than 6X.

While the full dose is 15 drops daily, many of the test participants gained full benefits with less. In fact, the label suggests trying "half or even fewer drops." If you do, you can stretch a half-ounce bottle into more than a one-month supply.

Dr. Levine told me that "each patient should determine his or her best dose—the fewest drops that produce the desired benefit without any symptoms." He went on to comment that patients who start with the 6X who get headaches or find themselves with "too much energy" should use fewer drops. Patients who are sensitive, allergic, have autoimmune disease, or chemical hypersensitivity should start with the 7X and move up to the 6X if they do not get the desired results.

The manufacturer warns that Taurox SB should not be taken with immunosuppressive agents, or by patients who have had an organ transplant. People with autoimmune diseases should consult with their doctors before using it.

Because of a lack of testing, Taurox SB is not recommended for pregnant or nursing women or children under 15.

Taurox does run on the expensive side: The 6X preparation averages about \$99 per half-ounce. (See the Member Source Directory on page 9 for complete ordering information.) But keep in mind that, as an adaptogen, odds are it might help improve other aspects of your health too, by regulating your immune system's cytokine levels. In other words, Taurox could go a long way in helping you reach your own personal "just right." Goldilocks would be proud.



## Erase debilitating pain and fatigue by recharging your cells' batteries

Low energy is probably the No. 1 complaint I hear from my patients. But in many cases, the underlying problem may be more serious than “just getting older.” It can actually reflect reduced energy in the cells, much like a battery wearing down and needing to be recharged. And the key to boosting cellular energy is to provide the cells with the fuel they need to function at peak performance, the enzyme adenosine triphosphate (ATP). How? With a simple five-carbon sugar found in every cell of the body called D-ribose, or simply “ribose,” the cellular battery recharger.

Ribose's main function is to regulate the production of ATP—the major source of energy for all your cells. This action makes it useful for all sorts of conditions, including heart disease, congestive heart failure, and fibromyalgia. It's even good for supplying extra energy for workouts, and restoring energy after sustained exertion.

Ribose can be made naturally in the body, but it's a slow process limited by several enzymes that are lacking in heart and muscle cells. There are no foods containing ribose in any substantial amounts. Still, under normal circumstances getting enough **ribose** isn't a problem. But when the heart or our muscles are challenged from stress or lack of oxygen for any number of reasons, they need an extra ribose boost to restore ATP levels.

The problem, until recently, was that the manufacturing processes for making ribose were so expensive that supplements just weren't a practical—or even feasible—solution for many people. Now, though, there is new technology for ribose production, and the resulting formula, called Corvalen M, offers simple solutions for many people who just didn't have options before.

### Two weeks of treatment erases debilitating pain and fatigue

Take fibromyalgia for example. It's often difficult both to diagnose and to treat.

Until now, there have been few tools to help these patients. However, we've found that ribose can provide significant improvement, as seen in the **following case study** published last year in the journal *Pharmacotherapy*.<sup>1</sup>

At 37, Kris, a veterinary surgeon and researcher at a major university, became so debilitated from

fibromyalgia she had to give up her practice.

But then she joined a clinical study on fibromyalgia and began taking 5 grams of ribose two times per day (10 grams per day). Within a week, she felt better. Within two weeks, she was back at work in the operating room.

Over the course of the following month, she continued to improve. After a month, however, Kris stopped her treatment. Ten days later, she was totally debilitated again and could no longer perform surgery. So she began ribose treatment for a second time, again with dramatically positive results, and has remained symptom-free as long as she takes the supplement regularly.

While there's no official explanation as to why ribose is so effective for fibromyalgia, it could go back to its roots in ATP production. People with fibromyalgia have lower levels of ATP and a reduced capacity to make ATP in their muscles.<sup>2</sup> The effect of ribose on the production of ATP may be the link to reducing the strain in affected muscles and allowing patients to return to their previously active lifestyles.

There are other nutrients that, like ribose, are necessary for ATP production. One is malic acid, which also helps to combat fibromyalgia's chronic muscle soreness. I have been recommending it along with magnesium to my fibromyalgia patients for years with relatively good success. But adding ribose has sparked even better results. Corvalen M, mentioned earlier, combines all three nutrients into one powdered formula, lending a much-needed touch of simplicity to this complicated disease.

### Ribose gets to the heart of the matter

I've seen similarly remarkable results in people with heart problems. Heart disease, heart attack, heart surgery, and organ transplants can all lead to restricted blood flow, called ischemia in which your cells don't get the oxygen they need to properly burn ATP for energy.

In addition, individuals who are on inotropic drugs to make the heart beat harder then have an additional strain on the heart's energy production.

So it is especially important that patients with congestive heart failure, chronic coronary artery disease, or cardiomyopathy take extra ribose to offset their energy-draining effects.



Research shows that supplementation with ribose can offset this energy drain without interfering with the effects of any other medication the person might be taking.

### **Side-effect free at 12 times the standard dose**

One of the best parts of the ribose story is that, despite it's being so powerful, it has almost no side effects, with thousands of patients having taken ribose in doses up to 60 grams per day.

How can we be so sure that ribose is safe? Well, first, ribose is made naturally by the body and works with the body's own chemistry. Glucose, the main sugar of the body, is converted to ribose in the cells. Corvalen M contains Bioenergy RIBOSE™, which is chemically identical to the ribose made by the body from glucose. Second, the amount of ribose recommended for supplementation is very small: only about 5 grams one to three times per day. And finally, there's virtually no chance of over-supplementation: Your body safely eliminates what it doesn't need. The only warning I give patients is that it may cause over-stimulation if taken too close to bedtime. In that case, I recommend that they take it earlier in the day, i.e. not past 4 p.m.

### **How much ribose should you take?**

No matter what end of the health spectrum you're on, ribose may help restore energy levels. To keep cellular ATP levels at their highest, ribose should be taken daily.

Maintenance doses of 1 to 5 grams per day should be enough to maintain normal ATP levels. Corvalen M comes in a powder form than can be mixed with water: 5 grams is about 1 teaspoonful of the powder.

If you're concerned about your cardiovascular health, you may want to take more—perhaps 5 to 10 grams per day. However, you should try the lower dosage first and increase as needed. For fibromyalgia sufferers, I recommend 5 grams two or three times daily. For you athletes: To supercharge your workout and recovery, take 5 grams before and afterwards.

Although ribose is a sugar, for those of you watching their carbohydrate intake, including diabetics, ribose does not act like glucose in raising blood sugar. In fact, it causes a brief dip in glucose, which then normalizes.

So whether you have fibromyalgia, cardiac problems, low energy, or simply want to enhance your workouts, you can recharge your cellular batteries with Corvalen M's special combination ribose formula.

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## **Human Growth Hormone—the end of aging? New discovery eliminates the risks and lowers the cost of this potent anti-aging therapy**

Judging from the thousands of books and articles on “youth” hormones like DHEA and melatonin, you might never guess that these supplements are relatively minor players in the emerging field of longevity medicine. In truth, these hormone-replacement strategies, while useful and effective, pale in comparison to the anti-aging power of human growth hormone (HGH).

Benefits of HGH replacement therapy include:

- increased muscle mass
- decreased body fat

- reduced LDL cholesterol
- restored hair growth
- increased endurance
- upgraded immune function
- improved sexual response
- improved skin texture and elasticity

But you won't find bottles of HGH lining the shelves at your local health-food store. Scientists haven't been able to harness the undeniable power of this anti-aging wonder in a way that's both safe and effective—or even affordable—until now.



Scientists at the cutting edge of age-extension research have uncovered new strategies that allow you to enjoy the age-reversing, energy-enhancing, disease-fighting power of human growth hormone, without dangerous side effects and at a fraction of the cost of risky hormone injections.

## **What is growth hormone?**

Human growth hormone, also known as *somatotropin*, is produced by your pituitary gland in response to signals from the hypothalamus gland. High levels of growth hormone stimulate the growth and maintenance of bone tissue and muscle mass. Growth hormone also facilitates the repair of damaged DNA within the cell, as well as proper cell division. In this way, growth hormone may hold the key to *slowing* and reversing the aging process.

Most of the *beneficial effects* of growth hormone are achieved through the actions of a chemical called insulinlike growth factor-1 (IGF-1). IGF-1 is produced throughout the body in response to the presence of growth hormone, and acts to enhance and correct intracellular communications and function.

## **Are you in somatopause?**

As with hormones like testosterone and DHEA, the level of growth hormone in the blood drops dramatically as you age. The decline starts at around age 30, and by the time you are in your 60s or 70s, your growth hormone levels may be practically undetectable, a state sometimes referred to as *somatopause*.

Somatopause corresponds almost exactly with most of the outward manifestations of aging—sagging skin, waning muscles, hair loss, bone loss, reduced energy, poor memory, reduced sex drive, etc.

Scientists have repeatedly shown that therapies that increase the level of circulating growth hormone can reverse the signs of aging that accompany somatopause. The challenge has been to find growth-hormone replacement therapies that are both safe and affordable.

## **20 years of aging reversed in six months**

It all started in 1990, when Dr. Daniel Rudman stunned the world by reporting in *The New England Journal of Medicine* that he had reversed “10 to 20 years of aging” in 12 elderly men by injecting them with human growth hormone.

Dr. Rudman had been injecting his subjects with HGH three times a week for six months. In that

time, their body fat was reduced by an average of 14 percent and their lean muscle mass increased by almost 9 percent. Their skin grew measurably thicker and more youthful looking, and they reported more energy and an increased sex drive.

In the seventh month of injections, however, the first warning bells went off. Several subjects developed debilitating carpal tunnel syndrome—the growth hormone was apparently stimulating unregulated growth of the cartilage in the wrist. Others developed severe arthritis, high blood pressure, congestive heart disease, and diabetic-type conditions. Although the side effects diminished when the drug was discontinued, so did the benefits.

But by that time, there was no stuffing the genie back into the bottle. Rudman’s research unleashed a worldwide furor over growth hormone as the quintessential youth drug.

Subsequent studies verified both the benefits and the risks observed in Rudman’s original study. Supplementing with HGH consistently results in increased muscle mass, decreased body fat, restored hair growth, upgraded immune function, increased endurance, and improved sexual response. It also invariably produces a list of side effects.

## **Growth-hormone injections might increase your risk of cancer**

One of the ways that growth hormone works is to stimulate the turnover of the body’s cells. The fear is that it could also disarm the mechanism by which the body prevents the uncontrolled cell division that allows tumors to form. Some studies have observed an increase in cancerous tumor growth with the use of HGH.

We already know that among children who receive HGH as a treatment for growth disorders (the only FDA-approved use of HGH), the incidence of leukemia is double that of the normal population.

In his 1997 book *Grow Young with HGH*, Ronald Klatz (president of the American Academy of Anti-Aging Medicine) lists some 30 physicians who “specialize” in anti-aging medicine and who will provide growth hormone to those who can afford it—the price tag is about \$1,000 a month. For most people, the costs—in both monetary and health terms—are simply too high.

And there’s no denying that those with higher levels of growth hormone look and feel younger and healthier. Now, we’ve uncovered a brand new



product that has been proven to deliver the anti-aging benefits of growth hormone, without the expense and risks of dangerous drug therapies.

## **Preventing “somatopause”—An all-natural therapy to reverse aging**

Many people assume that the body's *production* of growth hormone slows as we age. But as researchers James Jamieson and L.E. Dorman, D.O. explained in a groundbreaking presentation before the American College for Advancement in Medicine (ACAM) in 1997, your pituitary gland continues to produce human growth hormone well into your 70's and even into your 80's (unless you have a pituitary disorder).

But as you age, a number of factors begin to interfere with your body's ability to release its supply of growth hormone into the bloodstream. To make matters worse, the tissues of the body become increasingly insensitive or resistant to what little growth hormone is still circulating.

Jamieson and Dorman have focused their research on substances called secretagogues—natural substances that aim to reverse somatopause by stimulating the release (or secretion) of growth hormone. Through painstaking experimentation, they have identified several natural compounds that together appear to greatly enhance the body's utilization and production of growth hormone.

This unique secretagogue formula is called Symbiotropin. It contains no human growth hormone—or any other hormone. Instead, it contains safe biological *activators* (including specific amino acids, proteins, and botanical extracts) that, by stimulating certain receptors in the pituitary and hypothalamus glands, help your body release its sequestered stores of growth hormone.

The effect mimics (or exceeds) the benefits of HGH injections: You'll likely experience a decrease in body fat, improvement in skin texture, lowered cholesterol levels, sharper vision, improved memory, enhanced sexual performance, and increased energy—in short, all the benefits of growth hormone therapy—but minus the high risk of complications and the \$1,000 price tag.

## **A potent anti-aging therapy that's absolutely safe—and proven effective**

In a study of 36 people, scientists evaluated the effectiveness of Symbiotropin by measuring the lev-

els of IGF-1, a signal that growth hormone is active in the body. Over 12 weeks, IGF-1 levels increased by an average of 30 percent.

But study participants were already convinced, reporting improved energy, endurance, and body composition after only four weeks. After eight weeks, the subjects reported new hair growth, restoration of hair color, and improved skin texture and tone. No side effects were observed.

Doctors who have been using Symbiotropin in their practices are also reporting phenomenal results. Some indicate that it has been three to four times *more effective* than growth-hormone injections! Part of the reason lies in the fact that Symbiotropin mimics the action of the pituitary gland much more closely than growth-hormone injections.

As we've said, HGH works by stimulating the production of IGF-1. But HGH has an extremely short half-life—after being secreted, it is cleared from the blood in as little as 20 minutes! Injections create huge spikes in HGH in the blood, but their effectiveness is limited by the amount of IGF-1 that can be produced in the short window of opportunity before the hormone is metabolized away.

Symbiotropin, in contrast, stimulates smaller, more frequent rises in growth-hormone levels, resulting in steadier elevations in IGF-1. Another significant advantage of Symbiotropin is that it does not suppress the body's own production of HGH (as hormone injections do). In fact, the formulation actually increases your own natural production of the hormone in addition to facilitating its release into your system.

Here are a few of the case histories we reviewed:

### **J.M., female, age 71**

Lost 3 pounds a week throughout a 12-week period. The patient reported increased energy, along with diminished wrinkles and age spots.

### **L.C., female, age 48**

History of severe high blood pressure. With Symbiotropin, she was able to discontinue several medications, including an ACE inhibitor. The patient reports increased energy and an increased sense of wellbeing.

### **L.J., male, age 55**

The patient was overweight and suffered reduced sexual potency. With Symbiotropin, he lost weight and reports significant improvement in sexual potency.

Symbiotropin is formulated in *effervescent* tablets, which can be dissolved in water and taken on an

empty stomach, preferably at bedtime, early in the morning, or 1/2 hour prior to exercise, as directed on the label. After each three-month cycle, you should take a two- to four-week break before resuming.

You will optimize the benefit if you maintain a low-carbohydrate diet, which helps keep insulin

levels low. Insulin directly suppresses the action of HGH. For the same reason, you should also avoid taking vanadyl sulfate or chromium supplements (which act similarly to insulin in the body) within two hours of taking Symbiotropin.



## Member Source Directory

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**Taurox SB (COBAT)**, Nutricology; tel. (800)545-9960 or (510)263-2000; fax (510)263-2100; [www.nutricology.com](http://www.nutricology.com). A 0.5 fl. oz bottle of Taurox SB 6X strength costs US\$99.95 plus shipping; A 0.5 fl. oz bottle of Taurox SB 7X strength costs US\$40.00 plus shipping.

**Corvalen M**, Valen Labs Inc., ph. (866)267-8253. A 12-oz. jar of powder is US\$69.95 plus shipping. Mention Dr. Cass' article to receive a \$20 discount on your first order.

**Symbiotropin**, Center for Natural Medicine Dispensary; tel. (888)305-4288 or (503)232-0475; fax (503)232-7751; [www.cnm-inc.com](http://www.cnm-inc.com). One box of 40 effervescent tabs costs US\$75.00, three boxes costs \$210.00, plus shipping.

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### Erase debilitating pain and fatigue by recharging your cell batteries

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## Steam up your sex life with this native secret from south of the equator

by Alicia Potee

Sometimes, a name can speak for itself. Take *huanarpo macho*, for example.

I probably don't have to detail the traits of this potent Peruvian herb for you to have a pretty good idea of what it does. But I will anyway—and I'll start with a few of its unique physical characteristics.

It's a shrubby tree that grows to about 35 feet in height, adorned with blooms of rich, red flowers. You'll find it in the Amazon's Marañon river valley. And the young branch stems are shaped an awful lot like, well...the aroused male anatomy.

In case you haven't guessed yet (though I'm betting you probably *have*) *huanarpo macho* (known as *Jatropha macrantha* in technical circles) is an Amazonian aphrodisiac—a secret love potion that delivers a serious boost in sexual stamina. And in case you haven't also guessed, HSI panelist (and resident rainforest expert) Dr. Leslie Taylor introduced it to me.

It probably seems fitting that the secret to a better sex life would be hiding in a remote jungle somewhere. And the truth is, quite a few of them are. We've already shared a lot of these with you—like *muira puama*, *maca*, and *catuaba*. But when it comes to increasing your sexual performance, you'll probably agree that less *isn't* more—and every little bit of help you can get counts.

Obviously, I couldn't wait to share *huanarpo macho* with you—not least of all because I was pretty

certain you'd never heard of it before. After all, I hadn't. And as it turns out, there was a very good reason for that.

### The most popular libido-booster you've never heard of

Up until recently, indigenous Peruvians were practically the only ones able to benefit from *huanarpo macho*'s power. It's so popular in its native territory, in fact, that the local government has occasionally been forced to restrict its harvest. This—and the almost complete lack of suppliers in the States—means that you aren't likely to hear much about it outside of the jungle it grows in.

In fact, Taylor herself only started distributing *huanarpo macho* in recent months. But rest assured that the delay wasn't due to a lackluster reputation. "I've known about *huanarpo macho* for many years now," Taylor told me. "Anytime I asked another herbalist, herbal doctor, or native healer what they used for impotency or male sexual stimulation, *huanarpo macho* was usually named first, or at least in the top three."

But just as appealing to Taylor as its revered role in native medicinal preparations was that fact that not a single side effect had been reported with the use of this wildly popular herb. In fact, there's been no incidence of negative reactions whatsoever in *huanarpo macho*'s long history of local use.

And as you no doubt already know,

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## Inside

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Two free-radical fighting yeast cultures join forces in the latest version of this immune revolution ..... 5



### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## huanarpo macho

(continued from page 1)

that's a *lot* more than can be said for the usual suspects on the erectile dysfunction drug market today. With their notorious lists of side effects (like swelling, shortness of breath, vision changes, headaches—and even worse, *painful erections*) good sex is likely to be the *last* thing on your mind.

Unfortunately, lack of sustainability made importing this particular alternative near impossible for Taylor—that is, until she opened new Peruvian harvesting regions in late 2006. When she discovered that her new sites were hosting an abundance of these sought-after trees, she decided that it only made sense to complete Raintree Nutrition's line of sex-enhancing herbs—and to offer an extract crafted from the potent huanarpo macho stems to her loyal customers.

All you'd have to do is perform a simple search to find that Taylor's company is one of the *only* American sources of this extract out there. And unfortunately, that same level of obscurity is reflected in the shortage of studies on this popular Peruvian plant. Even so, there is *some* research—and it's a promising start in the effort to unravel the science behind what local shamans have known for centuries.

### Packed with plant chemicals to help you get up—and stay up

Laboratory analysis has revealed that huanarpo macho is rich in a number of disease-fighting, energy-boosting compounds, including sapogenins, flavonoids, alkaloids—and a particularly large number of a class of polyphenols called proanthocyanidins. These compounds are widely known for their ability to fight inflammation and

arthritis, stave off heart disease, and scavenge cancer-causing free radicals from your body.

But it's only been more recently that scientists have started investigating the potential these proanthocyanidins might have to reverse erectile dysfunction in men. The primary target of these studies has been pycnogenol, an extract of pine bark that's another extraordinarily rich source of proanthocyanidins—and which has been shown not only to restore long-lasting erections, but also to enhance fertility in both humans and animals.<sup>1,2</sup>

In 2006, a team of Italian researchers verified that huanarpo macho stems contain a comparably wide range of these fertility-boosting proanthocyanidins—concluding that this finding “is in agreement with the traditional use as an aphrodisiac of the plant under investigation.” They also confirmed that, among these plentiful compounds, proanthocyanidin B-3 is the *most abundant*.<sup>3</sup> And although scientists aren't certain yet, this distinguishing factor may hold the key to huanarpo macho's extraordinary abilities.

Studies show that proanthocyanidin B-3 exerts a particularly positive influence on a hormone called bradykinin, a key player in proper physiological and cardiovascular function.<sup>4</sup> And this relationship is very important, because bradykinin has also been revealed as essential to the relaxation of the penile cavernous smooth muscle—a necessary step in the formation of an erection, and one that's often negatively affected by high blood pressure.<sup>5</sup>

Regulating bradykinin could put an end to this kind of erectile dysfunction—and prompt a mas-



sive increase in the frequency and duration of your erections. But that's not the only vital sex hormone that research shows huanarpo macho extracts can influence.

In a 2003 study, researchers observed two groups of mice: One that received 5 grams of huanarpo macho in their water each day, and another that received regular water. At the end of the 30-day test period, study authors found that the mice that had consumed the extract experienced significant increases in blood testosterone levels. And as you probably already know, testosterone plays a key role in boosting your libido, increasing the frequency and firmness of your erections, and in giving you the energy you need to get going—and stay going all night.

### Early reports reveal greater energy —in more ways than one

With so much research still yet to be done on the exact mechanism of huanarpo macho's performance-enhancing powers, I'm sure you're eager to hear how the herb has fared in real-life cases. But because it's still so new, Taylor still hasn't seen much in the way of feedback—few of her customers have even tried it.

But those that have used the extract report definite changes. Several experienced major boosts in energy and vitality. And the effects seemed to be stronger with regular use. One man reported a surge in his libido with consistent doses—and another claimed: "I don't feel as energetic since I have not been taking it."

Still, the best testimonials remain those of the millions of Peruvians who swear by this herb's extraordinary powers. Ask any of them, and I'm sure you'd get the same answer: Huanarpo macho is one of the strongest natural aphrodisiacs south of the Equator.

Huanarpo macho extract is available now through Raintree Nutrition as a liquid tincture. Taylor recommends using 60 drops, two to three times a day as needed (between meals is best). And you can take it any way you prefer—either straight, or add it to juice, water, or any other beverage. You'll find ordering details in your Member Source Directory on page 8. **HSI**

*Citations available upon request and on HSI website*

## End embarrassing facial hair with the newest addition to panelist's cutting-edge skincare line

by Alicia Potee

When you think of facial hair, the words rugged, dashing, or sexy might come to mind—and if so, you can probably skip to the next article right now.

But if the words shame, secrecy, or ridicule happen to come to mind... I would guess that you're a woman who has to shave, wax, or tweeze your way back to the smooth face you know you *should* have—but *don't*.

Maybe it's just a stray hair or two a month. Maybe it's once a week. Or maybe, it's more like *every day*. It's called hirsutism. And I don't need to tell you that, while it might not kill you, it's a very big problem.

It's also a problem that a lot of doctors ignore, dismissing it as a

cosmetic inconvenience. And the outlook from there is far from bright. Methods for removal of excessive hair (like waxing, laser therapy, or even drug intervention) are often expensive, painful, or only marginally effective—sometimes all three.

But that's why you'll be happy to hear about Reductase-5—the latest skincare breakthrough courtesy of HSI panelist Dr. Randy Wilkinson. Not only will it stop your excessive facial hair dead in its tracks—it will keep your face younger, smoother, and firmer in the process.

### Cutting edge skincare fights cancer, acne—and facial hair, too

You might be familiar with some of Wilkinson's products

already—in fact, we introduced you to the very first in his line (called Trienelle) back in the July 2000 *Members Alert*. In that article, we explained how this nourishing, antioxidant-packed, moisture-rich flagship cream could be your first line of defense in the battle against lines and wrinkles. And we also told you how it could be the key to fighting even deadlier developments, like skin cancer.

Since then, Wilkinson has expanded his product line to include a cutting-edge skincare system designed to combat adult acne. This product proved to be a success—and one with some surprising side benefits, too.

Reports began to surface from women claiming that not only was

*(continued on page 4)*



## Reductase-5

(continued from page 3)

their acne disappearing, but their unwanted facial hair was beginning to disappear with it. It was a striking correlation—but one that Wilkinson didn't find all too surprising. You see, the ingredients that made his system so effective were all potent inhibitors of 5 alpha-reductase—the same enzyme responsible for both adult acne and hirsutism.

Maybe you've heard of 5 alpha-reductase before. And if not, you've almost certainly heard of the byproduct it creates. This enzyme converts your body's available testosterone into a hormone called dihydrotestosterone—or DHT, as its more commonly known. Escalating levels of DHT are the leading causes of baldness and prostate enlargement in men.

But women aren't completely off the hook. While estrogen exerts a strong balancing influence on available testosterone levels—and on the production of DHT as a result—menopause can change that. And this will mean facial hair where it never was before—or worse, hairs that are simply darker, thicker, and fuller than ever.

That's because DHT acts directly on receptors located on your face, where it changes the vellus hair common to women (which is fine, light, and almost invisible) into the terminal hair that you find on the faces of men (which is longer, darker, and coarser). And the sad fact is, once this transition has taken place, there is nothing that can be done to reverse it.

The frustrating cycles of expensive and ineffective cosmetic removal have been your only option—until now.

## Your multi-pronged army against 5-alpha reductase

Reductase-5 harnesses the DHT-reducing powers of Wilkinson's original acne recovery system, with a particular focus on combating hirsutism in women. As a topical cream, this formula acts directly on the androgen receptors in your face by inhibiting 5-alpha reductase—and thereby blocking the regrowth of terminal hairs, as well as the formation of new ones.

➤ **Azelaic acid** is derived from grains like rye, wheat, and barley. Higher concentrations are effective against acne—but in vitro studies reveal that lower concentrations can effectively inhibit 5-alpha reductase, especially in combination with vitamin B<sub>6</sub> and zinc.

➤ **Zinc** is an essential mineral that plays an important role in normal skin function. It's a strong 5-alpha reductase inhibitor that also helps with normal hair follicle functioning.

➤ **Oleanolic acid** is a compound found in the olive leaf. Not only does it reduce 5-alpha reductase activity, but it's also been used in herbal preparations for diabetes and high blood pressure.

➤ **Nordihydroguaiaretic acid (NDGA)** is another significant 5-alpha reductase inhibitor, derived from California's chaparral plant.

➤ **Saw Palmetto** is a popular ingredient in many prostate formulas due to its ability to regulate 5-alpha reductase. It's also abundant in phytosterols and fatty acids.

➤ **Green tea** is a crucial antioxidant, rich in a compound known as EGCG, which can effectively inhibit DHT production.

➤ **Retinol** is a form of vitamin A that has been shown to block the effects of DHT in certain tissues—and it's also a potent wrinkle-fighter.

In addition to these key ingredients, Reductase-5 contains several other supporting ingredients—all of which work in tandem to smooth the skin, and reduce DHT levels in the hair follicle. And as an added bonus, the same free-radical fighting tocotrienols you'll find in Wilkinson's other skincare products are there too—helping to ensure that your skin stays cancer-free and looking young.

## Slash facial hair in half—in just 8 weeks

While the initial reports from pleasantly surprised women were enough to push Wilkinson to develop Reductase-5, there's no substitute for solid clinical data—which is precisely why he set out to put his new product to the test.

In a study that's still in progress, a total of 61 women (ages 31 to 71) were asked to rate the severity of their facial hair on a weekly basis over a 90-day period. At just two months into the study, Wilkinson reports that the trend has definitely been in the product's favor.

On average, users have reported a significant improvement in the amount, coarseness, darkness, and speed of growth of their facial hair—with no differences based on age. Overall improvement percentages range anywhere from 10-percent to a whopping 90-percent. The average improvement score is a respectable 40 percent—meaning that in most of the women, their existing facial hair was literally cut in half.

But even more promising is the fact that these improvements appear to build over time. According



to Wilkinson, the overall scores of severity continue to drop—along with the amounts of time participants spend on grooming (like waxing or tweezing) to keep up with regrowth.

The verdict: You just might be able to escape your prison of plucking, waxing, shaving—and all of the embarrassment that comes along with it—without an

outrageous price tag or a string of doctor's appointments. Just apply Reductase-5 twice a day on a clean, dry face.

And if you happen to be part of the small percentage of women the product *doesn't* work for, don't worry—Trienelle offers a 60-day money-back guarantee on *all* of its products. **HSI**

## Two free-radical fighting yeast cultures join forces in the latest version of this immune revolution

by Alicia Potee

You may not know it, but the business of natural health can be a really tough one to work in.

It seems like there's a new restriction on what you can and can't say popping up every day. And even when research points to a certain ingredient's ability to effectively fight something as sinister as cancer, don't even think about saying it if you happen to be selling the product—unless, of course, you're a fan of judges and courtrooms.

But supposing lawsuits *aren't* exactly your idea of a good time, the FDA doesn't leave you with too many options when it comes to selling your potentially life-saving discovery to the world. You're forced to water down the truth, shrouding it in vague language that ends up being more confusing than it is informative. (Maybe you've heard the phrase "supports healthy cell division"?)

Really, you can only hope that consumers are able to read between the lines—and that they're able, on their own, to access the research out there that

will show them the true powers hidden in any given herb, fruit, root, or plant.

There are exceptions though...very rare ones. Sometimes—in the highly unusual case in which an ingredient has *so* much research behind it that even those bureaucratic bunglers are forced to begrudgingly admit its "modest" benefit—the FDA is willing to throw you a bone.

Selenium is one of these rare exceptions. And here's the proof, in the form of a statement delivered directly from the horse's mouth: "Selenium may reduce the risk of certain cancers. Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer. However, the FDA has determined that this evidence is limited and not conclusive."

If that's what the FDA will admit, you can only imagine the caliber of evidence out there in support of selenium's cancer-preventing powers. Suffice it to say there's a *lot*. But before I get into that—

(continued on page 6)

## And another thing...

...Older women with coronary artery disease (CAD) may improve their quality of life and overall fitness through exercise that emphasizes strength training, according to a recent study. Women with CAD who combined aerobic training with strength training in three sessions per week improved their upper body strength and general quality of life when compared to women who exercised using only aerobic training.

...Elderly people may reduce their risk of catching a cold or developing an upper respiratory infection (URI) by taking a multivitamin/mineral supplement combined with 200 IU of vitamin E each day. A study of more than 400 nursing home patients showed that subjects who took a multivitamin along with vitamin E were nearly 20 percent less likely to develop a cold or a URI compared to subjects who took only a multivitamin.

...If you combine equal parts of raw honey with pure, cold-pressed olive oil and melted beeswax, you'll have a recipe for a natural treatment for eczema, psoriasis, and fungal infections of the skin. In a four-week trial, topical applications of honey, olive oil, and beeswax cleared up fungal infections in more than 60 percent of the study subjects. A few drops of vitamin E oil increases the shelf-life of the mixture.

(continued on page 7)



## PureImmune Plus

(continued from page 5)

and before I tell you about PureImmune Plus, an updated formula that now combines this crucial mineral's power with the immune-balancing force of EpiCor—let me take you back a year or so to give you a refresher on this breakthrough product's curious beginnings.

### The surprising discovery of an immune-boosting superstar

The story behind EpiCor is a pretty hard one to forget. But in case you don't remember the first time I told you about it back in September 2006, I'll take a minute to refresh your memory: A few years back, workers at an Iowa-based manufacturing facility by the name of Diamond V Mills rallied for an extra week of personal leave—an understandable plea, after years' worth of their sick time had piled up, unused.

You see, their office-based corporate counterparts were going through their "sick days" at a normal rate—yet these employees were healthy, strong, and ready to work, all the time. So much so, in fact, that Diamond V managed to dodge skyrocketing insurance rates when the rest of the country was slashing health benefits left and right just to keep costs down. The question that still remained was: Why?

All the signs pointed to the company's flagship fermented yeast culture—an immune-sup-

port additive they developed for animal feed over 50 years ago. Turns out, they'd been sitting on an immune-boosting goldmine... and the workers in the manufacturing plant were the indirect beneficiaries, having been breathing in trace particulates of it for years. It was clear then that this yeast culture was directly influencing the company's good health—and in time, there would be hard scientific research to back it up.

Closer analysis confirmed just what the circumstantial evidence suggested: Consumption of this yeast culture boosts levels of secretory IgA—a protective mucous that your body creates to fight off invaders. It also enhances the activity of T-cells, B-cells, and natural killer cells—all of which act as your body's first line of defense, calling your immune system to action, and encouraging your body's ability to protect itself from invasion.

But the benefits don't end there. Not only is this cutting-edge new ingredient one of your best defenses against the yearly descent of cold and flu season, but it also provides some serious antioxidant protection. In fact, analysis shows that it has more free-radical fighting capacity than most of the big-name superfruits out there combined—including the raspberry, the strawberry, the blueberry, and the cranberry.

Thanks to these unparalleled antioxidant powers, this substance doesn't just stave off the sniffles—it could also promote a healthy

response to inflammation, support heart and joint health, and help counteract the effects of the aging process from the inside out. And it does all of this without any risk of toxicity or a single side effect to speak of.

This kind of immune-boosting nutritional gem just couldn't be kept a secret. So a couple of pioneering executives at Diamond V planned their launch into the human health market under the name of Embria Health Sciences. Mere months later, their immune-boosting dynamo—dubbed EpiCor—was finally introduced to the world.

### Selenium: single-ingredient, top-notch protection

By itself, EpiCor is without doubt one of the most powerful supplements you can have on your side. But it's not the only breakthrough ingredient to come courtesy of Embria—they also had another cutting-edge product up their sleeve. And as you may have already guessed, it was built upon the mineral superstar known as selenium.

Selenium is a trace mineral—and as such, your body only needs it in small amounts. Even so, that small amount is extraordinarily important—among other things, it supports a healthy thyroid and boosts your natural immune function. But maybe most important in this list is its role as potent antioxidant. Selenium plays an integral role in the production of

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glutathione peroxidase—an enzyme with the main purpose of protecting your body from oxidative damage. And as you know, oxidative damage is one of the foremost factors in the development of cancer.

But the right amounts of selenium may be able to work wonders in the war against this horrifying disease.

Volumes of research in the last decade have revealed selenium to be one of the most vital factors necessary to ensure a long and healthy life. And we're talking major studies—ones of such size and scope that even the notoriously mainstream *Journal of the American Medical Association* (JAMA) has jumped on the selenium bandwagon.

In 1996, JAMA published the compelling results of the multicenter, double-blind, randomized, placebo-controlled Nutritional Cancer Prevention Trial. For nearly six-and-a-half years, it followed the effects of daily selenium supplementation versus placebo on 1,312 patients with a history of basal or squamous cell skin cancer.

Unfortunately, selenium *did not* reduce the incidence of basal or squamous cell skin cancer among the patients supplementing with it. But this particular study *did* suggest that selenium may significantly reduce both cancer mortality and total cancer incidence—specifically, incidences of lung, colorectal, and prostate cancer—among the same patients.<sup>1</sup>

True, this is just one study among many. And yes, some have declared that the mineral's effects are insignificant at best. Nevertheless, the overwhelming majority of the research sits firmly in support of selenium's can-

cer-preventing powers.

### The breakthrough yeast that your body can use better

I'm sure it's obvious to you by now that supplementing with selenium could help prolong your life, and boost your chances against what's undoubtedly one of your worst health nightmares. But you might be wondering what makes Embria's form of selenium—named eXselen—so special.

Actually, there are a few things:

➤ It comes in the form of selenium-enriched yeast—the same form used in the Nutritional Cancer Prevention Trial I mentioned earlier. Unlike inorganic forms of the mineral (such as simple selenium salts) this yeast provides a form of selenium called *selenomethionine*. Research has shown that your body is better able to use this safer, more bioavailable organic form.

➤ As selenium yeasts go, eXselen has more selenomethionine than many of its competitors—meaning that it will raise the selenium content of your muscle tissue, liver tissue, and your blood more efficiently than just about any other product out there.

➤ Because of this exceptional bioavailability, supplementing with eXselen could also help boost your body's levels of glutathione peroxidase—that crucial free-radical fighting enzyme responsible for selenium's cancer-preventing potential—better than any other selenium yeast on the market.

Mix this novel ingredient in with EpiCor, and you've got a

(continued on page 8)

### And another thing...

(continued from page 5)

...Fatigue caused by radiation therapy may be alleviated with regular exercise, according to a study of prostate cancer patients who were undergoing radiation. Oncologists typically recommend rest in response to radiation-related fatigue, but a study of 65 patients with prostate cancer indicated that increased physical activity helped men maintain energy levels compared to just resting.

And, in case you didn't see it in the *e-Alert*...

...Need help losing weight? Eat more whole grains. That's the conclusion of an eight-year Harvard study of more than 27,000 men. Researchers speculate that certain components of whole grains may reduce long-term weight gain by contributing to favorable metabolic functions in the body. Whole grain intake has also been associated with a reduced risk of heart disease.

...Take your brain for a walk. According to a study of more than 18,000 elderly women, regular physical activity—including walking—may provide significant protection against cognitive decline. The study found that women who walked three hours each week performed considerably better on cognition tests than women who walked less than one hour per week. Women who walked more than six hours per week showed even less cognitive decline.

(continued on page 8)



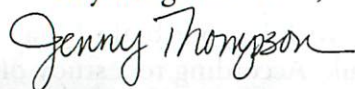
## And another thing...

(continued from page 7)

...Moderate beer consumption may be associated with a reduced risk of bladder cancer. Using data from more than 10,000 subjects in the Framingham Heart Study, researchers found that consumption of four or more beers per week was associated with half the risk of bladder cancer compared to non-drinkers or people who drank wine or hard liquor. Researchers stressed, however, that beer should not be considered a preventive agent.

...Several popular heartburn medications may sharply increase the risk of pneumonia, according to a recent study from Denmark. In a review of medical records of more than 360,000 patients, researchers found that the use of drugs to suppress gastric acid quadrupled the risk of pneumonia compared to patients who didn't use the drugs.

To your good health,



Jenny Thompson

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## PureImmune Plus

(continued from page 7)

recipe for great health protection—which is exactly what product developers at NorthStar Nutritionals did. Each capsule of their wildly successful product PureImmune now contains 100 mcg of selenium (in the form of Embria's

eXselen) in addition to its original 500 mg of EpiCor. And the resulting product has been fittingly renamed PureImmune Plus.

You'll find details on how you can order this revamped revolutionary immune-booster in your Member Source Directory. **HSI**

*Citation available upon request and on HSI website*

**PRODUCT UPDATE:** In last month's issue of your *Members Alert*, we told you about a groundbreaking new formula from Tango Advanced Nutrition called ArthriPhase—and the response to this cutting-edge cure for chronic pain has been overwhelming. So overwhelming, in fact, that Tango has had a tough time keeping up. Due to this outstanding demand, Jim English (the company's CEO) informed me that they may have to temporarily limit orders to two bottles or less—at least until more supplies are available. So if you've placed an order already or are planning to do so soon, keep your patience handy—English and the team at Tango Advanced Nutrition will do everything they can to get this amazing supplement to you as quickly as possible.

## MEMBER SOURCE DIRECTORY

**Huanarpo macho**, Raintree Nutrition, Ph. (800)780-5902 or (775)841-4142; [www.rain-tree.com](http://www.rain-tree.com). One 2 oz bottle of huanarpo macho liquid extract is available to HSI members at a special price of US\$19.95. Just be sure to mention this article, or to identify yourself as a member in the customer notes section for online orders. Ordering lines open between 8 a.m. and 5 p.m. PST.

**Reductase-5**, Trienelle Skincare, Ph. (877)322-3424; [www.trienelle.com/hsi](http://www.trienelle.com/hsi). One 30 mL bottle of lotion costs US\$59.00. Identify yourself as an HSI member to receive an exclusive 15-percent discount—for online orders, enter the coupon code HSI-08.

**PureImmune Plus**, NorthStar Nutritionals. Ph. (888)856-1489 or (915)855-5415; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (30 capsules) is \$39.95 plus \$6.95 shipping and handling (\$9.95 outside the USA. Not available in Australia). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code MIMUP when ordering.

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## This century's biggest Alzheimer's breakthrough finally floats to the surface

by Alicia Potee

I've been following this story for months now—about nine, to be exact. It was late last year that I first heard about it: a single, sea-bound substance that just might be the biggest advance we've seen in Alzheimer's protection yet. But just as intriguing as its promise (and maybe even *more* so) is the origin of this aquatic cure...

### *Jellyfish.*

That's right. Those dreaded clear blobs that terrorize beaches in the hottest months of summer have actually been hiding the key to a youthful brain for millennia. It's called aequorin. And only now—thanks to twelve years of research now spearheaded by Quincy Bioscience—are you finally able to put this amazing natural miracle to work.

### A scientific breakthrough that started with a sting

My own personal fascination with jellyfish may have only begun in the past year, but Mark Underwood (Quincy Bioscience's president) has been hunting down this neuroprotective miracle ever since his days as an undergraduate student at the University of Wisconsin nearly a decade ago. As a psychology and pre-medicine major, he had stumbled across research that linked the venomous stings of jellyfish to the symptoms of neurodegenerative diseases like multiple sclerosis—a disease his own mother had suffered with for years.

You see, a jellyfish conquers its

prey by means of "calcium-mediated cell death." You already know that calcium is essential to healthy teeth and bones. But not everyone realizes that this mineral—along with other charged minerals like sodium and potassium—also plays a vital part in your nervous system. Calcium is essential to proper nerve impulses, being ushered in and out of "ion channels" (gated pores in the membranes of neuronal cells) in order to create the bioelectrical discharge that's necessary for all of your thoughts and movements.

Much like other natural predators (think scorpions, spiders, and snakes), jellyfish use their venom to directly attack your nervous system. Their venom opens up pores in your cells' membranes where there weren't any before, while their tentacles also inject a flood of calcium ( $\text{Ca}^{2+}$ ) into your body. This process leaves neuronal cells in your nervous, respiratory, and vascular systems vulnerable to an excessive influx of this mineral.

As a result, a dangerous cascade of biochemical events takes place. Some stings are even capable of causing physical reactions as severe as paralysis, muscle spasms, difficulty breathing, and cardiac arrest. Still, it may not be too clear yet why it is that this deadly string of events put Underwood's pursuit in motion—so let me explain.

The object of his later research would be aequorin—the very protein

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## Inside

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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### Prevagen

(continued from page 1)

that jellyfish use to protect themselves against, well...themselves. In fact, you may have heard of aequorin before—most notably because of its bioluminescence (that is, its ability to glow in the dark) when bound to calcium. Molecular biologists have used it for decades to track levels of this mineral within human and animal cells in the laboratory.

"Jellyfish are essentially nothing more than a simple nervous system," Underwood explained. "This protein aequorin," he continued, "contributes to ionic and electrical balance by acting like a surge protector." In other words, it naturally binds with the free calcium inside jellyfish (which they use against their predators and prey) in order to keep that calcium from short-circuiting the creatures' own vital functions.

But what does this have to do with protection against Alzheimer's, MS, Parkinson's, and other neurological diseases?

Well, until recently, scientists didn't think that there was any relationship at all. But the connection between calcium regulation and brain health has been the goal of volumes worth of emerging research—the whole of which takes a closer look at the chemistry of your aging brain. And it looks like the key to fighting the deadliest neurodegenerative diseases may have been under researchers' noses all along.

### Calcium dysregulation spells death for your brain

Just as jellyfish use aequorin to preserve the function of their nervous systems and to maintain

bioelectrical balance, you and I also have calcium-binding proteins at work in our bodies.

Our neuronal cells rely on these proteins for survival—without them, these cells would be unable to adequately control the influx of calcium, which would ultimately lead to their death. Scientists have directly implicated this loss of calcium balance to neuronal cell death in patients with Alzheimer's and Parkinson's, and even in stroke patients.

This degenerative effect has proved especially prominent in the case of Alzheimer's. As you probably already know, Alzheimer's is characterized primarily by clumps of a different kind of protein in your brain tissue called amyloid-beta—but until recently, the role that this clumping played in the disease remained a mystery.

Today, however, the loss of calcium homeostasis in the central nervous system has become one of the more popular theories used to explain the incidence of Alzheimer's. The most recent research has shown that these clumps cause a significant rise in calcium concentrations within neurons—particularly in the hippocampus, the part of your brain responsible for learning and memory.<sup>1</sup> This directly leads to the brain atrophy, synapse loss, and cell death that are associated with the disease.

But patients with a confirmed Alzheimer's diagnosis are not the only ones who are at risk. Recent research has shown that even younger neurons are significantly more vulnerable to excess calcium loads than previously thought before—meaning that the beginnings of these deadly diseases may actually be taking root well before we ever begin to see the



trademark symptoms.<sup>2</sup>

### **A non-toxic, natural way to turn your brain's clock back**

The research community has experimented with different treatments to block this deterioration, but therapies that help to block these calcium channels have proven only modestly effective. While we're still a long way off from any real cures, though, Underwood thinks that aequorin may prove to be the next big step forward in the search for a serious neuroprotective solution.

As he explained, blocking new calcium channels from opening is only one possible approach to fighting Alzheimer's. An even better solution would be to restore your brain cells to the condition they were in *before* the damage took place. And replacing calcium-binding proteins in your brain would help to do just that—consider it “anti-aging” medicine for your mind.

Just as your body becomes depleted in crucial substances like collagen as you age, you also gradually begin to lose these vital calcium-binding proteins. And while the aging effects of sagging skin and lower muscle mass become glaringly apparent from the outside, your brain is also deteriorating with age—though you may not begin to notice these changes until the damage is already beyond repair.

But Underwood and his team have found a way to replenish these proteins and turn back your brain's biological clock with their patented form of aequorin, Prevagen. And you don't have to worry—no jellyfish were harmed to bring it to you. Quincy Bioscience uses a secret, controlled biofermentation process to produce the aequorin

necessary to manufacture its breakthrough product. (According to Underwood, it would take 2 tons of jellyfish to yield 125mg of protein using older methods.)

The benefits are clear: With nearly half a century of use in human subjects as a bioluminescent substance, scientists already know that it's completely non-toxic. And it couldn't be easier to use, at just one pill per day. But more importantly, this protein is virtually identical to your own calcium-binding proteins—and preliminary studies suggest that it protects mammals in precisely the same way.

### **Preliminary studies deliver proof of real protection**

In an animal study presented last year at the *Society for Neuroscience* annual conference, researchers at the University of Wisconsin at Milwaukee injected either aequorin or a control substance into the hippocampus of two groups of rats. Twenty four hours after the injections, coronal brain slices were cut and removed, and subjected to five minutes of artificial ischemia (the deprivation of blood flow to brain tissue)—long enough to lead to substantial neuron death.

The results of five experiments revealed that brain samples treated with aequorin showed significantly fewer changes when compared with controls—suggesting that treatment with aequorin could be a crucial protective therapy against ischemic brain damage.<sup>3</sup>

This study is only the beginning—and according to Underwood, there are more pending publication (including one that directly assesses aequorin's effect on memory and learning in animal models). So far, the results are equally

strong, showing that aequorin can keep even more brain cells alive in older subjects than in younger healthy subjects—meaning that Prevagen works better with age.

Researchers have discovered that this calcium-binding protein is able to provide up to 40 percent brain cell protection in youth. And this protection soars to over 50 percent in old age—a *finding* that strongly reinforces the emerging role that these protein deficiencies ultimately play in diseases of the central nervous system, like Alzheimer's.

If these studies are any indication, a natural cure for some of the most hopeless neurodegenerative conditions could be right around the corner. For now, though, we'll just have to wait and see what the future brings. Human studies haven't been launched yet—but Quincy Bioscience plans on taking its product as far as it can go, hoping eventually to carry out the exhaustive battery of clinical studies required for FDA approval.

In the meantime, it's already introduced PrevagenPro—their stronger professional version of aequorin—to natural health practitioners who don't want to have to wait another 10 years to put this natural miracle to work. And fortunately, you won't have to wait much longer either. While you can't get it just yet, Prevagen will be available to consumers as soon as September 2007.

Until then, Quincy Bioscience is taking orders for HSI members with an exclusive free shipping offer—which will be fulfilled as soon as stock becomes available. Check the Member Source Directory for details on how you can be the first to benefit from one of the century's biggest natural breakthroughs. **HSI**

Citations available upon request and on HSI website



## Two breakthrough nutrient solutions to the most bothersome health concerns in the book

by Alicia Potee

I don't know what's more annoying: sweet silence broken by an unstoppable buzz in your ears, a pair of twitching, aching, cramping legs that keeps you from falling asleep at night...or the fact that your doctor is the first to dismiss *both* of those problems as annoyances that you'll just have to learn to deal with.

I probably don't need to tell you that a little ringing in your ears isn't going to kill you. And neither will a pair of restless legs. But I've brought them up for a good reason: They're just two examples of health concerns that are capable of testing your sanity daily without ever sending you within stone's throw of an emergency room.

That doesn't make them any less urgent, though—even if both mainstream medicine and the natural health industry have largely ignored them for ages now. With no definitive source and a million different potential triggers, most doctors have abandoned causes like these in favor of “loftier” (and more lucrative) pursuits.

But BioLogic Health Solutions (the same Australian team that brought you UroLogic and ProstaLogic) has made a mission of finding gaps like these—and filling them. VitaEar and LegSense are two of their latest breakthroughs.

### A multi-pronged solution to a multi-faceted problem

For a formula like VitaEar, a single ingredient wasn't going to cut it—because when it comes to the exact physiological reasons for that annoying buzz in your ears, well...no one *really* knows them.

But there's a laundry list of things you can count on. If you just left a concert or noisy construction site or you've got a lot of wax built up in your ears, it can trigger a ringing, whooshing, or chirping sound that can hang around for minutes—even days. The same goes for head and neck trauma, anxiety—and a whole lot more.

VitaEar's formula needed to be comprehensive—so BioLogic included four essential minerals and 10 vitamins. And in order to select the right combination, they had to look at your ears' many needs, from every possible direction

Anatomically speaking, the ear is probably one of the least understood organs among the average population—and often the most taken-for-granted too. So let me take a minute to give you a quick rundown of your ears' inner workings.

The ear has three distinct sections: the outer ear, the middle ear, and the inner ear (also known as the labyrinth). It's the innermost section that contains the actual sensory organ. This section includes the canals (which help you to maintain balance and keep you from getting dizzy) and the cochlea (which accounts for your ears' auditory functions). The cochlea contains sensory cells that pass signals through your ear's nerve to the brain. These signals then translate into sound.

It's easy to see that when any part of your inner ear isn't working at its best, you're bound to notice. And in the case of occasional ringing in your ears, your cochlea and its surrounding com-

ponents are the smoking gun. But keeping this organ in tip-top shape could actually be as simple as good nutrition—because for starters the cells in your inner ear *require* enough water, oxygen, and nutrients to signal hearing properly.

### Vital nutrient support for some of your body's most delicate nerves

An arsenal of B-vitamins makes up the lion's share of the ingredient list in VitaEar's formula, including a complex of B<sub>6</sub>, B<sub>12</sub>, thiamine, niacin, folic acid, and pantothenic acid. Research conducted in the last five years suggests that roughly a quarter of subjects who report ringing in their ears are severely deficient in both thiamine (vitamin B<sub>1</sub>) and B<sub>12</sub>.

This research confirms *clinical* findings that *date* even further back, which suggest a direct link between B-vitamin therapy and overall neurological (and consequently, auditory) health. In fact, without adequate intake of this class of vitamins, the delicate nerves in your ears simply *can't* get what they need for optimal function.

But that's not the only type of deficiency that could drastically affect the clarity of your hearing. A diet poor in iron can also contribute to lowered oxygen flow to your head and brain—meaning that it could make the buzzing in your ears worse. That's why iron is also included in VitaEar—along with three other minerals: magnesium, manganese, and zinc.

Clinical studies have shown *that* supplementing with magnesium could actually protect your inner ear from noise-related dam-



age that can lead to both reduced hearing and persistent ringing. Meanwhile, zinc and manganese offer antioxidant support that helps to minimize free radical damage to your ears' important signaling cells.

This crucial antioxidant protection is why BioLogic also added vitamins A, C, and E into the mix. By helping to prevent the aging of your ear, you're staving off some of the problems that would normally come along with it—namely, less-than-clear hearing.

But while nutrient support is crucial, BioLogic also embraces the principles of Traditional Chinese Medicine (TCM). Rounding out VitaEar's comprehensive formula, you'll find standardized extracts of three different herbs: Ginkgo biloba, Rehmannia glutinosa, and Dong Quai (*Angelica sinensis*).

### **A trio of herbal extracts to get "stagnant" blood moving**

In Chinese medicine, ringing in your ears is often associated with a "deficiency" or "stagnation" of your blood. In Western terms, these conditions directly translate into issues of circulation. And the three herbs in this formula directly address this type of weak or slow-moving blood, especially Ginkgo biloba and *Angelica sinensis*.

Of the two, Ginkgo biloba is probably the better known, thanks to the vital support it offers to your memory and cognitive function—one of the reasons why it's also one of the most-researched. This herb is especially rich in two classes of therapeutic plant compounds—flavonoids and terpenoids. Clinical studies have demonstrated that the herb may significantly boost oxygen-rich

blood flow to the brain (an essential requirement for healthy, unobstructed hearing).

Much like Ginkgo biloba, Rehmannia glutinosa also has a lot of research in its corner—in addition to a centuries-long history of use in Chinese preparations that nourish the inner ear. Its main components are sitosterol and mannitol, two plant chemicals that contribute to heart, liver, and kidney health in particular. But recent studies suggest that it's actually Rehmannia's antioxidant effects that make it essential to ear health—in-vitro trials have revealed that it helps to strengthen cells against the damaging effects of toxic agents.

While there's a modest amount of published research pinning down some of the more obvious causes of ringing in your ears, there's still one link that mainstream medicine almost never addresses: Peace and quiet also requires peace of mind.

Stress, trauma, and lack of adequate sleep can chip away at your ears' delicate mechanisms, meaning that soon enough, a racing mind might not be the only thing keeping you awake at night. Rehmannia also rounds out this powerhouse combo as a nerve tonic that safely and naturally promotes calm and relaxation.

And speaking of relaxation...

### **Support that stretches from your head to your toes**

Talk to anyone you know, and I guarantee you they'll say that they've felt tingly, creepy-crawly, aching sensations in their legs before—and just when all they wanted to do was relax. It's a pretty universal experience—and

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## **And another thing...**

...If you're over the age of 65 and you drink coffee daily, this study may warm your heart. When researchers examined nine years of dietary and health records for nearly 6,600 healthy middle-aged and elderly subjects, they found that the risk of death associated with cardiovascular disease was cut in half among subjects over the age of 65 who drank four or more caffeinated drinks each day. This protection was not seen in subjects under 65, nor for those with high blood pressure.

...Colon cancer risk may be reduced by adding more fruit to your diet, according to a new study. Researchers interviewed 725 patients who had recently undergone colonoscopies. When diets were compared to the colonoscopy results, nearly 20 percent of those who said they ate little meat but a lot of fruit were found to have colorectal polyps. Thirty percent of the moderate meat-eaters had polyps, while polyps were detected in 32 percent of those who said their diets included large amounts of meat.

...Breast cancer risk may be reduced when women eat more lignan-rich plant foods. Lignans are one of the major classes of phytoestrogens—estrogen-like compounds that may reduce the risk of breast cancers that are positive for hormone receptors, the primary type of the disease. In an eight-year study in which researchers followed dietary and medical records of more than

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## VitaEar and LegSense

(continued from page 5)

much like a ringing in your ears, if somehow you haven't felt it before, you can count yourself lucky. But I'm sure you have.

Yet again, your options for relief out there are slim—which is why BioLogic picked up this cause, too. LegSense shares half of VitaEar's ingredients—making for an equally natural and effective solution to an equally bothersome (and widely overlooked) condition.

I explained earlier how important B-vitamins are to the health of your nervous system—so it's not surprising that this same nutritive complex can help to promote relaxed and calm legs. Just as deficiencies in these nutrients have been linked to more frequent ringing in the ears, deficiencies in practically *all* of the forms of vitamin B have been clinically connected to either restless, twitching legs or poor sleep quality.

Likewise, another key player in VitaEar—magnesium—also plays a huge role in the fight against restless legs. But while the two common conditions are bridged by these similar factors, LegSense has a slightly different focus: muscle health. Magnesium citrate in particular has been shown to be clinically effective against cramping, aching leg muscles. But BioLogic included not one, but *four* different forms of the mineral (including phosphate, oxide, and sulfate) in order to ensure maximum absorption and optimal delivery.

Once again, this vital nutrition is boosted by herbal support, with standardized extracts of Passionflower (*Passiflora incarnata*) and Valerian (*Valeriana officinalis*). And while the herbs in

VitaEar focus primarily on optimizing blood flow to your head and ears, the two herbs in LegSense were chosen specifically for their historically and clinically proven abilities to promote a naturally deep and restful sleep—exactly the kind of sleep that the urgent, uncontrollable need to move your legs would interrupt night after night.

### Sleep better in just seven days

BioLogic combed through and compiled decades' worth of clinical evidence—both old and emerging—when researching the perfect ingredients for these two crucial formulas. But the fact still remains that both conditions, like most of the company's niches, are under-recognized and under-studied by the medical community at large. So as always, the team took it upon themselves—with the help of the Australian College of Natural Medicine—to perform clinical trials of each product on their own.

In a month-long study of 50 Australian men and women between the ages of 20 and 75, each participant filled out an internationally validated symptom questionnaire to gauge the impact of his or her restless legs on comfort, daily activities, and mood. After supplementing with LegSense daily for the 30-day trial period, the subjects filled out the same questionnaire again.

At the end of the one-month trial, an overwhelming 80 percent of the study participants reported that their restless legs affected their quality of life noticeably less. One participant even reported a complete about-face in *less* time, saying: "I have experienced an amazing amount of relief within the first week. This stuff really

works. Don't need a body pillow."

And these results were validated with less subjective methods, too—another subject was also undergoing evaluations at a local sleep clinic during his participation in the study. According to this clinic's results, the patient experienced significantly less nighttime leg movements one month after the commencement of the trial than during the same test performed six weeks prior to the study period.

It's true that this trial is just preliminary—but the results undeniably promise one more option in the search for relief that didn't exist before. And when you consider all of the relaxing evenings that you've lost to crawling, jerking legs, it's impossible not to be excited about this long-overdue breakthrough in supplement care.

BioLogic's clinical results for VitaEar are still in the works—but they should be in within months, and our contacts at the company say that they look to be just as promising. In the meantime, you don't have to wait to reap the benefits of either of these formulas for yourself—NorthStar Nutritionals has beaten the mainstream to the punch yet again, and is bringing both of them exclusively to you. You can find ordering details in the Member Source Directory—and cross two more "hopeless" health cases off of your list. **HSI**

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# Forget cookies—modern milk has a couple more sinister companions

by Jenny Thompson

From the HSI e-Alert (4/05/07)

Safeway, Starbucks, and Chipotle Mexican Grill have all cut back on dairy products that contain rBGH. And when you find out the details about this strange stuff, you might have a strong desire to cut back on it too.

## A little latte

Recombinant Bovine Growth Hormone (rBGH) is a genetically engineered hormone injected into dairy cows to artificially increase milk production.

Do I need to go any further? Are you already *not* a big fan?

Representatives for Starbucks created a stir earlier this year when they announced that many of their outlets in New England and several western states would significantly cut back on the use of milk products from dairies that inject cows with rBGH. Starbucks is one of the largest milk buyers in the U.S., and needless to say, millions of Starbucks lattes and cappuccinos are consumed daily.

So? You knock back a little rBGH milk now and then. What's the harm?

Potentially plenty, according to Samuel S. Epstein, M.D. In his recently published book, titled *What's In Your Milk?* Dr. Epstein notes that rBGH contains high levels of natural growth factor (IGF-1), which your digestive system easily absorbs. The problem: High levels of IGF-1 have been linked to colon, breast, and prostate cancers.

And while that may be the

worst that rBGH can do, it's certainly not the only danger linked to this false hormone.

## Speaking double

RBGH is manufactured by the biotech giant Monsanto—the corporate powerhouse behind the science of genetic modification. Monsanto markets rBGH under the name Posilac, which was approved by the FDA in 1993. As many as three million cows are treated with Posilac—that's about one-third of all dairy cows in the U.S.

On Monsanto's Posilac web site, this statement appears: "Studies show dairy herds supplemented with Posilac remain as healthy as non-supplemented herds and show no increase in mastitis cases." (Mastitis is a bacterial infection of the udder.)

And yet, this statement also appears: "Cows supplemented with Posilac may be at an increased risk for clinical mastitis."

You can decide for yourself what to make of that double speak. Meanwhile, here's the chain of events set in motion when mastitis is diagnosed:

First, mastitis is treated with antibiotics. And because of this, traces of antibiotics end up in the milk. (In one study, conducted by the Center for Science in the Public Interest, more than 35 percent of grocery store milk contained antibiotic residues.)

What happens next is pretty clear—and very dangerous.

Overuse of human antibiotics,

(continued on page 8)

58,000 postmenopausal women, those with the highest lignan intake reduced their breast cancer risk by nearly 20 percent. Fruits, vegetables, and whole grains are the best lignan sources.

...Your bone health as an adult may largely depend on the nutrients in your diet as a youth. A new study suggests that omega-3 fatty acid intake during your teens may be a key to proper bone formation and density. When researchers tracked bone development in nearly 80 young men from age 16 to 24, they found that a higher blood level of omega-3 fatty acids was associated with increased bone mineral density in the body and spine. Omega-3 fatty acids are most abundant in cold-water fish, such as tuna and salmon.

And, in case you didn't see it in the e-Alert...

...Selenium is a workaholic multi-tasker. This mineral has been shown to enhance the immune system, increase insulin efficiency, and reduce the risk of some cancers. In a study that examined selenium levels and nutrient intake in more than 1,600 male subjects over eight years, researchers found that prostate cancer risk was reduced by more than 40 percent among those who had the highest selenium levels combined with the highest vitamin E intake (more than 28 IU per day).

...Olive oil might help prevent certain cancers, according to a new study from Denmark. Researchers asked 182 healthy men to consume a quarter cup

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### ***And another thing...***

of olive oil each day. At the beginning and end of the two-week intervention, each subject was tested to measure levels of a compound known as 8oxodG—a marker that indicates oxidative damage to DNA, which can set the stage for cancer development. On average, the men reduced 8oxodG by 13 percent.

...Glycemic and insulin responses may be improved by eating almonds. Canadian researchers examined the effects of five different high-carbohydrate meals on 15 healthy subjects. One of the meals included 60 grams of almonds. Glycemic and insulin responses were significantly more balanced after the almond meal. Researchers noted that almond intake also protected proteins from oxidative damage.

...Tight neckties might cause intraocular pressure (IOP), which increases the risk of developing glaucoma. Researchers recruited 20 men with glaucoma and 20 men with healthy eyesight. IOP was tested on each subject three times: once while wearing an open-neck shirt, once while wearing a tight necktie, and once after removing the tie. The majority of both groups had higher IOP after wearing the tie. Researchers believe that when the jugular vein is constricted by snug neckwear, blood pressure and IOP increase.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

### **modern milk**

*(continued from page 7)*

combined with exposure to animal antibiotics in our food supply, have produced bacteria that are resistant to some of the most powerful antibiotics.

### **Make mine raw**

If you enjoy dairy products, there's a fairly simple way to avoid consuming traces of rBGH and antibiotics: buy organic.

More and more these days we're seeing organic products on grocery shelves, and if you choose organic dairy you'll probably avoid growth hormones and antibiotics. I say "probably"

because the requirements to qualify as organic are not exactly stringent, so in addition to a "certified organic" label, look for an assurance on the label that the product comes from animals that have not been given antibiotics or hormones.

To go a healthy step beyond organic, you might try raw, unpasteurized, and unhomogenized milk products. They're hard to find (they're outlawed in some states), and you still won't have a 100-percent guarantee that they're free of antibiotics and rBGH, but it's the best assurance you'll get, unless you happen to keep a couple of cows in your backyard. **HSI**

## **MEMBER SOURCE DIRECTORY**

**Prevagen**, Quincy Bioscience, Ph. (888)814-0814; [www.prevagen.com](http://www.prevagen.com). One bottle of 30 capsules (a one-month supply) costs US\$59.95. Mention your HSI membership to receive free shipping. Stock is scheduled to arrive September 1, 2007.

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### **HSI website log-on info (JUNE):**

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## Beat depression, migraines—and everything in between—with this single serotonin-boosting breakthrough

by Alicia Potee

### *Psychiatrists Top List in Drug Maker Gifts.*

That's the bone-chilling headline that caught my eye from the pages of *The New York Times* just a few short months ago. And while I can't say that it came as a surprise, it did serve to point out how desperately so many patients are seeking help—and how few of them are actually getting it.

I'm acutely aware of some of the more common risks of antidepressant use: insomnia, weight gain, sexual dysfunction, nausea, constipation, dizziness, memory lapses, agitation, and anxiety. I'd be willing to bet that, as an HSI member, you're familiar with this list, too.

And if you guessed by now that I'm about to write about a new natural treatment for depression, you'd be right.

But here's the twist: If you guessed that I'd write about migraines, low sex drive, irritable bowel syndrome, tinnitus, or even fibromyalgia, well ...you'd be right about those, too. As it turns out, every one of these conditions can be traced back to the same imbalance that causes depression—and a new product called Serotonin can alleviate them all.

### **The dangerous truth behind low serotonin—and the drugs used to "treat" it**

Serotonin is the life's work of Dr. John Allocca, a medical research scientist and pioneer in the field of natural

migraine treatment. As was the case with so many breakthroughs we've covered in the past, Dr. Allocca developed his formula in an attempt to combat his own relentless migraines.

Having suffered from these debilitating headaches for 40 years, he devoted his career to finding a cure. The fruit of this research was his invention of the very first migraine brain chemistry model in 1997. What he discovered in the course of making this model is that imbalances of two important neurotransmitters, norepinephrine and serotonin, are responsible for this painful phenomenon—and a whole lot more.

The first of these neurotransmitters, norepinephrine, is a stress hormone released from the adrenal glands and converted into epinephrine (adrenaline) during a typical "flight or fight" reaction. Whether it's the result of daily stress, a traumatic event, or an injury, your body's sympathetic reaction will always be the same, responding with high blood pressure and pulse, insomnia, aggression, glucose release, inhibition of the gastrointestinal tract—and also a depletion of the second important neurotransmitter, serotonin.

Most serotonin is produced in your GI tract and later stored in your platelets—while there, however, it can't be used by your central nervous system, as the molecule is too large to cross the barrier into your brain.

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## serotonin

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Instead, your brain relies on serotonin's precursor, tryptophan, to enter the brain via an albumin carrier, where it is converted into serotonin afterward.

But there's a catch: When faced with outside disturbances (like stress or anxiety), an array of competing enzymes is introduced, leaving tryptophan to be metabolized before it ever has a chance to be transported. The result is low serotonin in your brain—and this state has been linked to all of the conditions I mentioned earlier, including depression, migraines, insomnia, and fibromyalgia.

The complicated tree of neurochemical pathways that causes migraines and depression would be impossible to explain to you fully here. But the general rule of thumb is this: Problems typically occur only when reserves of norepinephrine and serotonin are exhausted at a faster rate than they can be replaced. Without enough stores of these neurotransmitters on hand, messages in the central nervous system can't be relayed properly.

That's the conundrum addressed by your typical antidepressant. After serotonin and norepinephrine are shot across your brain's synapses, they are reabsorbed into their original cells—an action called "reuptake." Antidepressants inhibit this process, however, forcing more of one or both neurotransmitters to remain active on the synapse while increasing levels of free serotonin and norepinephrine in the brain.

This interrupts your brain's natural processes, though—and the problems associated with that interruption can be *very* dangerous.

Some of the most sinister tragedies in recent times have been linked to these prescriptions. Consider the shootings at Columbine... or worse, the mass murder of 32 students and faculty members on the campus of Virginia Tech. In both cases, the gunmen were taking popular antidepressants. And—as recent research has shown—in both cases, the deaths of many *might* have been avoided.<sup>1</sup>

Several studies have now linked depression drugs to major hostility events like these—and all U.S. labels currently list anxiety, agitation, panic attacks, irritability, hostility, aggressiveness, impulsivity, and mania as possible side effects. During the course of his migraine research, however, Dr. Allocca came to realize that risks like these aren't necessary evils at all—not if you provide your brain with the appropriate blend of nutrients.

He discovered that it is possible to enhance the natural function of your brain's neurotransmitters without a single dangerous side effect. And his new formula Serotonin does just that.

### Your ultimate defense against serotonin depletion

I've already mentioned stress as a potential cause of neurotransmitter imbalance. But really, there are a number of causes (some of which you might have already guessed) that can contribute to this problem. These include inflammation, allergic reactions, hormonal changes, systemic candidiasis, unstable blood sugar, and dehydration.

Balancing all of these factors obviously requires a comprehensive approach—and all 14 of Serotonin's nutrients serve a manifold purpose. First, they help your brain to manufacture and maintain serotonin and



norepinephrine. Additionally, they aid in decreasing allergic reactions while controlling glucose levels (these are two of the most common stressors to your body, both of which contribute significantly to serotonin depletion).

5-Hydroxytryptophan is arguably the most important ingredient. With the recent controversy stemming from a supposed contaminated batch of *tryptophan*, the real thing has become very hard to find (we alerted you to one of the only sources back in November 2004). But while the supply of true tryptophan has dwindled, this form of the molecule—called 5-HTP for short—enjoys a slightly wider availability. It's extracted from the African tree *Griffonia simplicia*, meaning that it's not a synthetic compound like its predecessor—and it's also one step closer to serotonin in the conversion chain.

More important, though, is that it delivers equally profound benefits. A double-blind clinical trial performed by Swiss researchers in 1991 showed that it's as effective as fluvoxamine (a popular antidepressant) in relieving depression, while being superior in tolerance and safety.<sup>2</sup> And while it has loads of research to support its effectiveness against panic and anxiety disorders, insomnia, and migraines, more recently the spotlight has turned on its clinical effectiveness against fibromyalgia—with clinical studies showing that it significantly improves symptoms with only mild, short-lived side effects.<sup>3</sup>

The one notable drawback of supplementing with 5-HTP is that at higher dosages (like the 200 mg you'll get in Serotonin), you could find that it causes some temporary nausea, especially on an empty stomach—but taking it with

### Beware the hidden dangers on your dinner plate

Tyramine content isn't something that you'll find listed on a nutrition label—but if you've had problems with depression, migraines, or mood swings, it's definitely something you want to watch out for. Even some of the healthiest foods could be contributing to your low serotonin levels. Some of these include:

- |                               |   |
|-------------------------------|---|
| > cheese                      | > chocolate   |
| > mustard                     | > onions and garlic                                 |
| > berries                     | > avocado   |
| > yeast and brewer's extracts | > alcoholic beverages (including beer and red wine) |
| > sourdough                   | > tempeh  |
| > tamari                      | > yogurt  |
| > soy sauce                   | > miso  |
| > vinegar                     | > tofu  |
| > smoked/cured meats          | > any aged or fermented food                        |

food will usually help with this.

In addition to this key ingredient, Serotonin also contains a blend of vitamins and nutrients to block serotonin depletion from every angle:

- **B-vitamins** (including **niacin** and **folic acid**) are vital to the production of neurotransmitters and also inhibits depletion.
- **Vitamin C** and **copper** facilitate norepinephrine production.
- **Magnesium** and **calcium** boost nerve transmission and vasomotor control.
- **Zinc** promotes a calm mood (deficiencies of mineral are linked to anxiety).
- **Choline** increases magnesium uptake.
- **Quercetin** stabilizes cell walls, reducing allergic reactions and inflammation.
- **Trimethylglycine** helps convert norepinephrine into epinephrine.
- **Alpha lipoic acid** is a potent antioxidant.

- **Vanadium** and **chromium** increase insulin receptivity and control glucose fluctuations.

By now, you might have already guessed that replenishing your serotonin supply isn't as simple as just adding a daily supplement to your routine. Paying strict attention to your diet is also essential.

That's especially true when it comes to foods containing an amino acid called tyramine. Tyramine displaces norepinephrine from nerve endings, resulting in the sympathetic "fight or flight" reaction I described earlier (high blood pressure, insomnia, aggression, and increased glucose release). And the result of this is a depletion of norepinephrine, epinephrine, and serotonin reserves. (For a list of high-tyramine foods to watch out for, see the sidebar above.)

But it's not just food that's naturally high in tyramine that's a threat. In fact, tyramine can increase exponentially through the process of aging and fermentation—meaning that even a food that's naturally low in tyramine, like a banana, can

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## serotonin

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become a problem when it's overripe.

Other foods that negatively affect your serotonin level are ones with a high glycemic load—in simpler terms, any foods that are high in sugar or other simple carbohydrates. These boost your insulin production, stressing your body and sparking inflammation, which in turn depletes your serotonin reserves. Also, you should avoid any food that might be hiding neurotoxins (which includes just about any processed, preservative-packed product you'll find at the grocery store these days).

The bottom line: Even while you're taking Seratonin, you want to keep your food fresh, and low in tyramine and sugar.

### **Years of pain and depression reversed in a single month**

None of this may appear to be

very new or exciting—but the truth of the matter is, Seratonin is one of the only *successful* treatments (pharmaceutical *or* natural) that you'll find for migraines or depression on the market today.

Dr. Allocca has received floods of testimonials detailing how Seratonin has changed his clients' lives—many of whom were confined to their beds in excruciating daily pain. But as one woman from Louisiana wrote in: "Within a month I was headache free for the first time that I can remember." She goes on to say: "I feel like a new person, and I would love to share this with as many people as possible." This same experience was shared by countless others, all of whom have stayed permanently migraine-free when nothing else had worked.

But what's even more impressive is that Dr. Allocca is currently in the process of wrapping up a large-scale clinical trial called the

American Migraine Prevention Study. And preliminary results show that this approach, unlike many others, actually *works*—although a complete summary of the study won't be out until next year.

If you suffer from migraines, chances are good that your doctor's orders have never reached beyond the limits of simple (and usually ineffective) pain management. And if you suffer from chronic depression, the outlook for a future of safe and effective solutions has become even bleaker. The same goes for other neurotransmitter-related conditions, like fibromyalgia, tinnitus, or IBS—in fact, you may have been told by more than one doctor already that you'll just have to learn to live with them.

But it's simply not true. And if nothing else, Seratonin's lengthy track record is proof of that. **HSI**

Citations available upon request and on HSI website

## **Transcend the calcium paradox with this artery-clearing, bone-building supervitamin**

*by Robert P. Stuart*

If you're a regular reader of my articles, you may have rightly surmised that I'm somewhat of a skeptic. I don't mean to be, but in my 35 years of nutrition industry experience, I've seen more than my share of so-called "miracle nutrients" that have proven ultimately to be nothing more than marketing hype.

And yet, on occasion, a real miracle does come along to remind me of exactly why I fell in love with nutrition science so many years ago. This, my friends, is one of those rare moments.

I may not be a gambling man, but I'd be willing to bet that you haven't heard much about the

critically important vitamin I'm about to share with you. And even if you have, I'd bet yet again on the fact that you're probably deficient in it anyway.

So what's so exciting that this Scotsman would put his hard-earned money on the table?

It's a new vitamin K supplement called MenaQ7, from the Norwegian nutraceutical company Nattopharma. And it's supported by some of the most compelling research that I've ever seen. (And believe me, I've seen a *lot*.)

### **The latest limitation of leafy green vegetables**

You may think you know all

about vitamin K because of its effect on normal blood coagulation—and for many years, that was indeed believed to be its *main function*. Over the past decade, however, vitamin K has been linked to two of the most important health issues facing us today: osteoporosis and cardiovascular disease. Without adequate vitamin K, your body will not use calcium to build strong bones, but will deposit it in the worst possible place instead: the walls of your arteries (a phenomenon that doctors call "arterial calcification").

In scientific circles, this double whammy of losing your bone mass as your arteries harden is



known as the *calcium paradox*.

You might think that solving the calcium paradox is as simple as eating foods rich in vitamin K, such as spinach or kale. And if that were true, I'd have to pay up on my bet. But rest assured, my money's still safe. Leafy green vegetables do contain vitamin K<sub>1</sub> (also called *phylloquinone* or *phytonadione*)—but although that's essential for normal blood clotting, it won't help your bones or your heart.

On the contrary, you'll need vitamin K<sub>2</sub> for that. In laboratory experiments, population-based studies, and clinical trials, natural vitamin K<sub>2</sub> has been shown to be much more effective than K<sub>1</sub> in preventing bone loss, promoting bone integrity, significantly reducing the incidence of arterial calcification, and promoting cardiovascular health. And as you might have guessed by now, Nattopharma's MenaQ7 happens to be an all-natural form of vitamin K<sub>2</sub> (known as *menaquinone-7* or MK-7).

As the company's name hints, MenaQ7 is derived from *natto*—a fermented soyfood from Japan. If you've been an HSI member for a while, you might already be familiar with this clot-busting, bone-building superfood (and some of its derivatives, like natto-kinase—a nutrient we introduced you to back in 2002). Suffice it to say that if you've tried natto, you're not likely to forget the experience anytime soon. But in case you haven't, let me take a minute to explain what this unusual edible is.

### **The best benefits of natto— without the nasty taste**

Natto is produced by fermenting soybeans with the bacterium *Bacillus subtilis*, originally

derived from rice straw. In fact, legend has it that natto was accidentally discovered when a straw basket filled with soybeans inadvertently got wet and the beans inside began to ferment. And although there may be small amounts of vitamin K<sub>2</sub> in meats and dairy products, there's a whole basketful in natto.

Sadly, the perfection ends there. To say that natto is an acquired taste is an understatement. The aged soybeans have a pungent aroma that's been compared to an overripe Limburger cheese stuffed into an unwashed gym sock. The taste is everything you'd expect given the odor, and the beans delight the eye by exuding spider webs of slime when you stir them.

Even in Japan, there are many who won't go near natto—and yet epidemiological studies have shown that those who eat it are far less likely to develop osteoporosis and cardiovascular disease than are those who turn up their noses.<sup>1</sup> That's the power of vitamin K<sub>2</sub>, and now we can all reap this particular benefit of natto without having to simmer a saucepan of slimy soybeans—thanks to MenaQ7, that is. This natural extract simply concentrates the vitamin K<sub>2</sub>, and (thankfully) leaves the rest of the “natto experience” behind.

I know I said it before, but it definitely bears repeating: This product is a major breakthrough—because for as crucial as vitamin K<sub>2</sub> is to your body, it's *exceptionally* hard to come by.

### **Clinical studies show smoother arteries and stronger bones**

Of the two variations of vitamin K, plants can produce only

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## **And another thing...**

...To avoid knee arthritis, an abundance of one vitamin may help the effort. Australian researchers gathered dietary data from nearly 300 middle-aged men and then followed up with MRI examination of their knee tissue. Results showed a link between the highest vitamin C levels and a reduced risk of specific bone abnormalities typical of knee arthritis. High intake of the carotenoids lutein and zeaxanthin was also associated with lower arthritis risk.

...Obese men may be at high risk of developing multiple myeloma, a type of cancer that affects antibody-producing blood cells. In a Harvard study that followed more than 100,000 male and female subjects, men with a body mass index (BMI) of 30 or more were twice as likely to develop multiple myeloma compared to men in the “normal” BMI range (24.9 or less). Increased risk was also seen in overweight women, but to a lesser degree than obese men. This is the first known multiple myeloma risk factor that can be modified.

...Red peppers are good for you. Red apples are too, of course. Red meat? Not so much. Not all of its components anyway. A recent warning from a European Food Safety Authority panel suggests that Red 2G—a food coloring used in burger meat and some breakfast sausages—may be carcinogenic. The panel reports that the body converts Red 2G into aniline, which is

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## Panelist's new cruciferous sprouts make natural cancer protection simple

In the business of natural health, groundbreaking innovations are just as much about reinventing old standards as they are about pioneering new discoveries. I was reminded of this during a recent conversation with HSI panelist Dr. Eric Berg—and it's one of many reasons why I felt it was so important to tell you about his latest product, Organic Cruciferous Sprouts Food.

Sometimes it's hard to believe that unlimited access to the most powerful natural cures can be as simple as paying a visit to your local supermarket. I'm talking full-fledged cancer killers at your fingertips—for sale at an affordable price every day, no prescription necessary.

But then, working in an industry that's obsessed with the next big thing, it's pretty easy to forget the importance of going back to basics. And I'm pretty sure you'll agree that there's no better example of that than the general lack of excitement around your garden variety vegetable.

It's a shame, really—because (despite what the drug industry tells you) it's the best weapon you have against the deadliest diseases in the book. Guided by some of the most compelling research of the past decade, Dr. Berg has taken the best protection that these vegetables have to offer and rolled it all up into one power-packed supplement.

### 50 times the cancer-fighting power of cruciferous vegetables

If you've been a member for a while, you'll remember that I wrote about Dr. Berg's last product, Organic Cruciferous Food, in the July 2006 *Members Alert*. In fact, this new product might sound like the same thing—but let me assure you, it's not.

That's because it's a whole-food supplement that includes eight different varieties of—as the name implies—organic cruciferous sprouts.

You might already eat alfalfa sprouts or brussels sprouts pretty regularly—and yes, they're included in this combo. But you'll find kale, cabbage, broccoli, cauliflower, radish, or daikon sprouts in each tablet of Organic Cruciferous Sprouts Food, too—along with all of their unmatched cancer-fighting phytonutrients.

While full-grown cruciferous vegetables (like broccoli, cauliflower, and kale) are some of the most health-promoting foods you can eat, they're even healthier in their first few days of growth. In fact, research has shown that sprouts of this age contain 10 to 50 times the cancer-fighting power of their more mature versions.

Unfortunately, availability of all of these sprouts is limited—and eating the daily amount that you would need to guarantee good health can be tough. Organic Cruciferous Sprouts Food makes it easy, though—and you can order it today at a 10-percent discount available to HSI members only. Check the Member Source Directory for details. **AP**

## MenaQ7

(continued from page 5)

vitamin K<sub>1</sub>—and even then, only 5 to 10 percent of ingested K<sub>1</sub> ever reaches the human circulation, as it becomes trapped in the liver. Because it can't travel to bones and arteries where it's needed, it can't help them. Vitamin K<sub>2</sub>, on the other hand, is produced mainly by various species of bacteria, is readily absorbed (nearly 100 percent), and is easily distributed to your body's tissues—including your bones and arteries.

Needless to say, getting enough of the right vitamin K can strongly influence your chances against osteoporosis. But it also shouldn't surprise you that more than 80 percent of the vitamin K in Western diets consists of vitamin K<sub>1</sub> (which, as I just mentioned, has virtually no influence on bone health).

That's confirmed by epidemiological studies showing that people in Western societies still have a high prevalence of osteoporosis and cardiovascular diseases when compared to Asian people who eat vitamin K<sub>2</sub>-rich foods like natto. Other studies reveal that even if Western diets are supplemented with calcium and Vitamin D, conditions are only somewhat improved—and they're still not optimal for good bone health.<sup>2</sup>

During the last 10 years, several studies have looked at the relationship between food intake and bone and artery health. And these studies strongly suggest that people in general are at risk due to insufficient serum levels of vitamin K<sub>2</sub>. Fortunately, supplementation with vitamin K<sub>2</sub> has been proven to restore serum levels and to positively influence bone and arterial health.<sup>3-7</sup>

And *how* does it do all of this,



you might ask? Allow me to explain.

The way your body deals with calcium is dependent upon a group of special molecules called *Gla proteins*. These proteins have the unique ability to bind to calcium and to carry it to where it is needed in the body. The Gla proteins can only do their job, however, when they are activated by vitamin K. With insufficient vitamin K present, the proteins won't be able to bind calcium as effectively as required for optimal function. The two primary Gla proteins are *osteocalcin* and *matrix Gla protein* (MGP).

Osteocalcin is synthesized by the bone-forming cells—the osteoblasts. It plays an important role in the binding of calcium to the bone mass. Without proper vitamin K activation, osteocalcin cannot bind calcium, and this translates to poor bone quality, osteopenia (reduced bone density), and bone malformation.

MGP, on the other hand, is synthesized in cartilage and vascular smooth muscle cells in the arteries. When this protein is switched on by vitamin K<sub>2</sub>, it will also bind calcium but this time the action is different. By holding on to calcium, MGP helps to keep it from depositing onto the arterial vessel walls—thus avoiding calcification that results in stiffening and reduction in elasticity.

In joints, MGP inhibits soft tissue calcification in cartilage that, if left unchecked, can cause swelling, pain, decreased range of motion and loss of joint function. In fact, research shows that MGP is the strongest inhibitor of soft tissue calcification presently known.<sup>8,9</sup> But that's not all it's been proven to do—not by a long shot.

From 1990 to 2000, an important large, long-term population-based study was conducted in the Netherlands. This study included more than 4,800 healthy men and women, and after following the participants for 10 years, the results were astounding. Those with the highest dietary intakes of food-based vitamin K<sub>2</sub> (45 mcg per day) saw their risk of death from coronary heart disease reduced by nearly 50 percent, and their incidence of arterial calcification was similarly halved. No such effect was seen with vitamin K<sub>1</sub>.<sup>10</sup>

Another study of more than 800 active-duty U.S. Army personnel has shown that the natural MK-7 form of vitamin K<sub>2</sub> in MenaQ7 can inhibit narrowing of the coronary arteries that can lead to chest pain.<sup>11</sup> And even more remarkably, a recent animal study found that this amazing vitamin could actually regress, reverse, and remove accumulations of calcium from arteries, restoring their youthful elasticity in the test animals.

Of course, human research in this area is necessary to really confirm these findings—but it certainly opened my eyes.<sup>12</sup>

### **The strongest and safest K of its kind**

Now is probably a good time to add a word about the “competition.” It's true that there are numerous vitamin K supplements on the market. I've already discussed vitamin K<sub>1</sub> and why I believe it is a poor choice—but there's also another form of vitamin K<sub>2</sub> available.

It's called menaquinone-4 (sometimes abbreviated as MK-4). It's synthetic, and it's so poorly

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### **And another thing...**

(continued from page 5)

known to prompt headache, dizziness, and fatigue in some consumers. The EFSA panel concluded that Red 2G should be regarded as a safety concern.

...CoQ<sub>10</sub> appears to slow the progressive deterioration of function in the early stages of Parkinson's, say scientists at the University of California San Diego. Patients who received the highest dose (1,200 mg) showed a decline in mental function and muscle movement that was about 40 percent less than those in the placebo group.

...Just in time for the autumn harvest, Chinese researchers report some promising health news about pumpkins. When pumpkin extracts were given to diabetic rats, plasma insulin was found to be only five percent lower than in normal, healthy rats. Researchers hope that human experiments will show the extract to be helpful to those with pre-diabetic conditions, as well as diabetics.

And, in case you didn't see it in the *e-Alert*...

...All gout patients and their doctors need to be aware of a surprising new study in which followed more than 9,000 healthy, middle-aged men for 16 years. At the outset of the study, none of the subjects had heart disease. Results showed that subjects with gout were significantly more likely to die from a heart attack compared to those without gout.

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## And another thing...

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The study was led by Dr. Eswar Krishnan, an assistant professor of medicine at the University of Pittsburgh, who told Reuters Health: "Our approach to patients with gout should be similar to our approach to diabetics."

...That glass of wine with dinner just might help fight tooth decay and gum disease, according to a new study that demonstrated how red and white wines were effective in eliminating bacteria that cause dental problems and sore throat. But there's a catch: The acids in wine temporarily soften the enamel that protects your teeth. Dr. David Bartlett of the Academy of General Dentistry told LiveScience that after eating acidic foods it's best to wait at least 20 minutes before brushing your teeth.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

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## MenaQ7

(continued from page 5)

bioavailable and has such a short half-life in the body that you'd have to take 1,000 times more of it to get the same effect as the menaquinone-7 (MK-7) found in MenaQ7. But that's not the only edge that makes MenaQ7 the best vitamin K product on the market.

Consider all of this:

- MenaQ7 is the most bioavailable, longest lasting, and most bioactive form of vitamin K<sub>2</sub>.
- Only natural vitamin K<sub>2</sub> consumption has been linked to the inhibition of arterial calcification.
- MenaQ7 is the only clinically supported natural vitamin K<sub>2</sub>.

- This low daily dose is less likely to interact with blood-thinning medications. (Even so, you'll still want to check with your doctor if you're on anticoagulant therapy.)
- Although it is a soyfood extract, MenaQ7 is free of any soy protein and thus free of any concern of soy allergies.

Finally, as if its benefits for bone and cardiovascular health weren't impressive enough, there is now new research indicating that this form of vitamin K<sub>2</sub> may even hold the key to weight control and diabetes.

Like I said, I'm not a gambling man—but I'll bet this overlooked vitamin won't stay under the radar much longer. **HSI**

Citations available upon request and on HSI website

## MEMBER SOURCE DIRECTORY

**Serotonin**, NutriCology, Inc., Ph. (800)545-9960; [www.nutricology.com](http://www.nutricology.com). One bottle of 90 capsules costs US\$49.95 plus shipping. With a purchase of two bottles, members will receive free shipping and a 5-percent discount. Members who purchase three bottles will receive free shipping, a 10-percent discount, and a free copy of Dr. Allocca's new book *Balancing Serotonin and Norepinephrine Levels: The Treatment of Choice* (retail value US\$12.95). For more information about Dr. Allocca's research and his comprehensive personalized programs, visit [www.allocca.com](http://www.allocca.com).

**MenaQ7 (natural vitamin K<sub>2</sub>)**, Swanson Health Products, Ph. (800)437-4148; [www.swansonvitamins.com](http://www.swansonvitamins.com). One bottle of 30 softgels costs US\$7.99 plus shipping. Item number: SWU383.

**Organic Cruciferous Sprouts Food**, Dr. Eric Berg, D.C., Ph. (703)354-7336; [www.nutrition-n-wellness.com](http://www.nutrition-n-wellness.com). One bottle of 250 tablets costs US\$36.00 plus shipping. Members will receive an additional 10-percent discount.

**Visit HSI's brand-new blog, On The Spot**, at [www.HSIBaltimore.com](http://www.HSIBaltimore.com). HSI reporter Michele Cagan chimes in with her timely, sometimes irreverent, but always relevant look at critical health issues, the lies we're told by the business of conventional medicine, and the natural cures that get covered up.

### HSI website log-on info (OCTOBER):

**Username: october Password: heal**

Please note: HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide.

The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## New Zealand's natural answer to Candida —and every "incurable" condition that comes along with it

by Alicia Potee

When I tell you that this is a story about an exclusive natural cure for candidiasis (in less clinical terms, *yeast infections*) you might assume that it's for women only—you might even flip to our next feature.

But you're just going to have to trust me when I tell you that it would be a dire mistake—maybe even a deadly one. You see, yeast infections aren't just a female problem. And your skin and nails aren't the only other vulnerable areas, either. The truth is, *Candida* can be to blame for everything from migraines to fibromyalgia—even though, despite all of the evidence, a large majority of conventional doctors would deny it.

That's because the mainstream medical community has all but dismissed the threat of *Candida* to the Average Joe, limiting their concern to AIDS patients, post-surgery patients, and patients undergoing chemotherapy or any other immuno-compromising treatment. And because of it, the correlation between yeast and conditions like memory loss, asthma, allergies, chronic fatigue, irritable bowel syndrome, and depression is widely considered to be nothing more than an unproven coincidence.

That's cold comfort to anyone who has spent what seems like an eternity up against a string of mysterious illnesses that all trace back to *Candida*. But it makes natural fungicides like Horopito—a powerful herb harvested from a small organic farm-

ing operation in New Zealand's rainforest—all the more vital.

### Candidiasis: the worst condition you never knew you had

Before I tell you about Horopito, let me take a minute to explain the hidden dangers of yeast, and just how much influence it can have on your health. *Candida albicans* is a naturally occurring microbe in and on your body—and its primary place of residence is your large intestine. But this fact alone is not enough to warrant alarm—your body produces a natural balance of beneficial bacteria that keeps yeast in check and your body's systems in perfect harmony.

The trouble starts when this beneficial bacteria is depleted, and the balance is disturbed. This can happen most commonly as a result of the overuse of antibiotics—an even larger problem nowadays, given their prevalence in the livestock we use for meat. Other causes can be hormonal changes and steroid use—which, in combination with a high-sugar diet that's heavy on carbs and fermented foods (think alcohol, vinegar, and certain cheeses), can turn your body into a *candida* breeding ground.

And when an overgrowth is severe enough to breach the confines of your intestines, your health can turn from bad to worse.

This is known as systemic candidiasis—and its effects can be as dramatic

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### Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Candida

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as organ failure. Even in less severe cases, your body will become run-down and exhausted as your immune system sets out to fight the perceived invasion. As a consequence, you're even more vulnerable to additional illness and infection—so it's not difficult to see why proper treatment is crucial.

As prescription drugs go, treatments like flucanazole—the gold-standard therapy for any type of yeast flare-up—are by far among the safer ones out there. But that's assuming you use them for short periods of time every once in a blue moon. If, however, you struggle with chronic or stubborn infections, persistent use of these drugs can pose a serious threat to your liver. And this risk doesn't include potential interactions with various other popular medications, like warfarin and several oral antidiabetic drugs.

Even so, there's no doubt about the fact that they work. But if you think that eliminates the need for an alternative, think again. Many doctors won't write (and even more insurance companies will refuse to cover) prescriptions for any symptoms of yeast overgrowth beyond your usual vaginal or cutaneous infection. Instead, a frustrating wheel of misdiagnosis is set in motion.

And when you're suffering from systemic candidiasis, this can cement a life sentence of poor health—or worse.

Fortunately, you can reclaim your body's natural balance of beneficial bacteria and wipe out yeast overgrowth once and for all. And with an entire line of Horopito products available to

you through Forest Herbs Research in New Zealand, you *won't* need drugs to do it.

### The Maoris reveal their fungus-fighting secret

Horopito (*Pseudowintera colorata*) is an ancient plant native to the tropical forests of New Zealand, the leaves of which have been used by the indigenous Maori to cure fungal infections, venereal disease and digestive ailments for centuries—a treatment that was later adopted by early European settlers. Until recently, however, it has remained in relative obscurity, as comparatively few of the location's many native plants have actually been investigated for their medicinal value.

This lack of research is exactly why Peter Butler decided to transform his organic kiwifruit farm nestled on the jungle's outskirts into a harvesting site for Horopito in the late 1970s. Having left his job as an historical researcher in Auckland to move to the regenerating rainforest, he was struck by the lack of herbal export from New Zealand—despite its lush and thriving landscape.

So he set out to meet with the healers of his Maori neighbors, in an effort to learn more about their most valued cures. And among the most powerful, he found, was the yeast-fighting Horopito—hardly surprising, when you consider the plant's ability to thrive in such a hot and humid environment without succumbing to fungus.

Forest Herbs began as a local harvesting operation, wild crafted from bush-clad farms in the mountains. But when analysis revealed that each plant differed in strength—with the most powerful among them being as much



as five times more effective—he uprooted his kiwifruit vines to build a new nursery.

This way, the consistency of the product could be ensured. To qualify as Active Horopito, Forest Herbs requires a product with an effectiveness that comes within a defined range comparable to that of nystatin, a potent pharmaceutical fungicide. But more importantly, international demand could be met without compromising the rainforest's natural Horopito population—and Forest Herbs has been meeting this demand as the only source of Active Horopito in the world.

### **Making the grade against gold-standard candida therapy—naturally**

Since Forest Herbs' beginning 25 years ago, the scientific community has learned even more

about Horopito—specifically, the compound that's responsible for its unparalleled fungicidal abilities. In 1982, scientists from Canterbury University in New Zealand isolated a compound called *sesquiterpene dialdehyde polygodial*—and found that, not only was it even more effective than the pharmaceutical Candida treatment amphotericin B at inhibiting fungus growth, but it worked faster, too.<sup>1</sup> And more recent in-vitro studies have continued to confirm this.<sup>2</sup>

(Interestingly, polygodial is the same compound that gives certain Japanese spices their hot and peppery taste—but as a fungicidal agent, it works primarily by disturbing the membrane of yeast cells, causing them to leak and eventually die off.<sup>3</sup>)

Not all of the research on Horopito has been restricted to

the laboratory, though. Forest Herbs Research has conducted numerous clinical studies of their line of products—including capsules and cream—which they sell under the name Kolorex.

The earliest of these studies gathered the assessments of naturopaths in New Zealand, all of whom reported their clinical experiences with Kolorex products. On average, the doctors reported a 76 percent improvement rate among their patients using Kolorex capsules for the treatment of systemic Candida. Among those working with Kolorex cream, an astounding 88 percent improvement rate against vaginal candidiasis was reported.

A 1997 trial, conducted at Pavlodar City Centre for Clinical Immunology and Reproduction, reinforced these earlier reports. Twenty-two patients taking

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## **Symptoms and causes of yeast overgrowth**

**Symptoms.** There are well over 100 symptoms of candidiasis, and most sufferers experience about 20 of them. The most common ones are as follows:

- pain or tightness in your chest, wheezing, shortness of breath, or asthmatic symptoms
- joint pain or swelling, including symptoms of arthritis or gout
- headaches, sinus discharge or infections, memory loss, drowsiness, irritability, depression, mood swings, erratic vision, spots in front of your eyes, feeling disoriented, exhaustion, or fatigue
- digestive problems, including gas, diarrhea, constipation, abdominal bloating or pain, heartburn, indigestion, or belching
- numerous allergies to chemicals, perfumes, odors, mold/mildew, or foods
- skin disorders, such as psoriasis, acne, hives, itching skin, eczema, vaginal or rectal itching, athlete's foot, jock itch, fungal infections, or nasal itching
- loss of sex drive, impotence, kidney or bladder

infections, burning during urination, cystitis, prostatitis or vaginitis, painful or irregular menstrual cycles, painful intercourse, or premenstrual syndrome

**Causes.** Any of the following can either cause Candida cells to rapidly multiply or encourage their spread to other organs:

- drugs—chemotherapy, antibiotics, birth control pills, hormone replacement therapy, or steroids (including cortisone)
- fermented or sugary foods—alcohol, aged cheese, soy sauce, leguminous nuts (such as cashews and peanuts), smoked foods, mushrooms, dried fruit, sugar, honey, molasses, maple syrup, or fructose
- other—a surgical procedure, AIDS, metal toxicity, poor liver function, consuming large amounts of yeast-based vitamins (such as selenium, chromium, and many vitamin B supplements), baker's yeast, brewer's yeast, malted products, or citric acid (which is in most sodas)



## Candida

(continued from page 3)

Kolorex capsules were compared with 10 patients administered fluconazole for treatment of chronic recurring intestinal candidiasis. At seven days, all patients in the fluconazole group showed significant improvement. At 14 days, the Kolorex group had improved comparatively—an impressive 90 percent showed the same level of improvement.

A trial performed in 2000 showed equally positive results among women with relapsing bacterial vaginosis. During a two-month combination treatment that included administration of Metronidazole along with Kolorex cream, none of the women experienced a relapse.

No adverse effects were report-

ed in either of these trials, with the exception of a tolerable level of heat experienced during the first few days of using Kolorex cream. (One of Horopito's common names is the New Zealand Pepper Tree, after all.)

### Four products add up to complete candida control

These studies are small—but they aptly demonstrate the value of Kolorex products in combating persistent relapses of Candida infection, be it systemic, cutaneous, vaginal, or otherwise. And these types of relapses are all too common in patients who are lucky enough to be diagnosed with and treated for yeast overgrowth.

The Kolorex line includes four different Horopito-based products. For the treatment of intestinal candidiasis, try Candida Care

capsules—take one per day with a meal and a large glass of water. There are also two creams—one for vaginal yeast infections, which has minimized the herb's heat, and another containing the strongest extract of the herb mixed with tea tree oils to address foot and toenail fungus. Lastly, Kolorex offers a tea, which can help to manage recurring cases of thrush—that is, candidiasis of the mouth and throat.

Although Horopito is completely safe and non-toxic, you may notice mild nausea during the first few days of use. Don't be alarmed—this is common. It's known as a Herxheimer reaction, and it's your body's response to the toxins released by dead Candida cells. In most cases it passes quickly. **HSI**

Citations available upon request and on HSI website

## Two new ingredients knock panelist's original arthritis "triple-play" right out of the park

by Alicia Potee

Panelist Jon Barron is a perfectionist in the very best sense of the word. You saw it in action with his reformulation of blockbuster formulas Glucotor and Proteolytic Enzymes—both of which he took to the next level through years of tireless research accompanied by a healthy dose of scientific ingenuity.

But it hasn't stopped there. Now, he can add one more outstanding success to his growing list of breakthrough formulas made even better. And if you've been suffering from seemingly incurable chronic pain, it's a product that you absolutely need to know about.

Triple Jointed—the three-pronged natural arthritis formula that we first told you about in the October 2005 *Members Alert*—has

recently been re-launched with some very important additions. Just by adding two more key ingredients, Barron has boosted the original's already-unprecedented success rate by nearly 20 percent.

### Alleviate pain, increase flexibility—and even protect your gums

If you didn't read our last report on Triple Jointed, let me backtrack a moment to revisit the three cutting-edge components that form the backbone of this comprehensive formula for pain relief.

Barron's task in designing Triple Jointed was to reach the millions of arthritis sufferers who haven't been able to find relief with standard joint care supple-

ments like glucosamine, chondroitin, or hyaluronic acid. Because no single pain solution works for everyone, the need for safe and effective alternatives is always urgent.

That's why he included avocado soy unsaponifiables (ASU)—a powerful ingredient extracted from oils that are found in the fibers of avocado and soy plants. (And this extraction is important—in nature, the oils are too tightly bound to their hosts to be accessible to your body.) The resulting concentrate can offer crucial support to your body's levels of aggrecan—a molecule that plays a key role in cartilage function.

In fact, purified ASU has been sold as a pharmaceutical in Europe



for several years—consequently, it has a number of large-scale studies that demonstrate its effectiveness. Research shows that supplementing with 300 to 600 mg of ASU daily can significantly improve your arthritis symptoms in as little as three months.<sup>1</sup>

But as anyone suffering from rheumatoid arthritis knows, cartilage integrity isn't the **only** factor contributing to your chronic pain. Sometimes, your body's own defense system is to blame. Triple Jointed employs the help of UC-II—a special intact form of chicken collagen—to help turn your immune system away from your joint cartilage, helping to alleviate pain and increase flexibility.<sup>2</sup>

The third ingredient to round out the original formula is **ginger**. This serves to ease pain and inflammation in the more immediate interim, helping to keep you comfortable while the first two ingredients gradually restore and strengthen your aching, stiff joints.

But there's one side benefit of Triple Jointed that we didn't mention in our original report—and while it may not seem related, it's still an amazing perk for anyone seeking after optimal health. As it turns out, ASU offers not only superior joint protection, but significant periodontal protection, too.

Recent findings from several French studies showed that this extract can prevent the erosive effects of certain inflammatory cytokines responsible for a large part of the damage caused by periodontal disease and gingivitis.<sup>3</sup> But in order to maximize this effect, doses would have to be much higher than your average joint formula would contain—about three times as high, in fact.

With 1000 mg of ASU per serving, the original Triple Jointed delivered just that. But it's also where Barron's debate began when he was considering new ingredients to boost the formula's effectiveness.

### **Natural inflammation relief—without the dangers of NSAIDs**

In order to put more ingredients in, he was going to have to take something out. In the end, he decided on a compromise: He would drop the ASU dosage to 333 mg—just enough to be clinically effective against arthritis and still provide modest benefit to your mouth. With that, he had just enough room for the two new ingredients that would increase Triple Jointed's effectiveness even more.

The first of these two is a variant of omega-9 called CMO (short for cetyl myristoleate). It's a perfectly natural fatty acid only found in certain animals—including cows, whales, beavers, and mice. Human bodies, however, do *not* produce it.

It was discovered in 1972 during NIH research testing anti-inflammatory drugs on laboratory animals—scientists found that mice were not susceptible to induced arthritis, presumably due to their natural form of protection, cetyl myristoleate. This hypothesis was confirmed when they injected various types of rats with CMO, and found that the injections offered the same protection.

But even later research showed that it has similar effect on humans, too. So much so, in fact, that one 2002 study published in the *Journal of Rheumatology* declared that CMO “may be an alternative to the use of nonsteroidal anti-inflam-

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### **And another thing...**

...Moderate alcohol intake may have a protective effect on the brain. When a team of Italian researchers evaluated more than 1,400 older subjects with mild cognitive impairment, they found that dementia developed significantly more slowly among subjects who said they drank only one alcoholic beverage per day. Most of the once-a-day drinkers preferred a glass of wine. Researchers noted that the beneficial effects were not seen in those who drank more heavily.

...Apply directly to the forehead...and chin, cheeks, arms...wherever you have skin. That's the suggestion *from the* results of a new study that tested the topical application of retinol, a form of vitamin A, on a group of elderly subjects. With each subject, researchers applied retinol lotion to one arm and a lotion with no retinol to the other arm. **Roughness, wrinkles**, and overall signs of aging were found to be considerably reduced among subjects in the Retinol group compared to the non-retinol subjects.

...New research confirms just how dangerous sleep apnea can be. The word “apnea” literally means “without breath”—people with sleep apnea actually stop breathing many times throughout the night. When researchers from Yale University followed more than 1,100 sleep patients for five years, they found that the condition was linked to a significantly higher

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## Triple Jointed

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matory drugs for the treatment of osteo-arthritis." In fact, it might be an even *better* choice—not only does CMO mediate inflammation as a fatty acid, but it also lubricates joints and muscles, facilitates cartilage rebuilding, and keeps your immune system in balance.

To round out the formula, Barron added *Boswellia serrata*—an herb with a very long history of reducing just about every type of inflammation out there. Research over the last few years has even shown that it can be as beneficial for rheumatoid arthritis (and far less toxic) than benzoyl hydro-tropic acid, a popular drug therapy.

Unfortunately, though, *Boswellia* can be a difficult herb to work with.

Not only is its quality inconsistent, but even standardized extracts require large dosages (1 to 3 grams per day) in order to be optimally effective. That's why Barron turned to 5-LOXIN—a brand new super-concentrated form of the inflammation-fighting herb. Now, the new and improved Triple Jointed delivers the full benefits of *Boswellia* at a far smaller dose (100 mg).

### Take on even the oldest injuries—and win

Triple Jointed was only re-introduced in May of this year—and customers who once thought their chronic pain was hopeless are already raving.

It has helped long-time sufferers stave off debilitating surgeries and regain mobility without nagging pain. Even 30-year-old injuries

have found improvement with this formula—as evidenced by Gabriele, whose foot was broken in five different places in a motor-cycle accident decades earlier.

"Since I started taking the Triple Jointed formula," she reports, "the pain in my foot is gone for the first time in years! I can walk at night without limping or wearing special shoes." And Barron and his team at Baseline Nutritionals have dozens more unbelievable reports just like this one.

To get the best results, take three capsules before bed, on an empty stomach. If you find that you experience any discomfort, just drop your dosage to one capsule, and gradually increase it from there. **HSI**

Citations available upon request and on HSI website

## Another surprising study unmasks the hidden dangers of aspirin therapy

by Jenny Thompson

*From the HSI e-Alert (6/11/07)*

No one will be surprised to learn that firefighters have much riskier jobs than office workers. But here's a statistic that will probably come as a surprise to anyone who's unaware of the potentially dangerous side effects of aspirin: A 50-year-old man who takes a daily aspirin to prevent heart disease has the same mortality risk as a firefighter.

How could that possibly be? Everyone knows that aspirin is a wonder drug.

Well—wonder of wonders—aspirin use can be dangerous. And as an Australian study shows, this may be especially true among older people.

### Risk vs. benefit

Researchers at the University of Tasmania School of Medicine

(UT) in Australia designed an epidemiological model to assess aspirin risks and benefits among older people.

An epidemiological model is a method of combining clinical trial data with observational evidence to create hypothetical populations. In this case, the UT team established reference populations of 10,000 men and 10,000 women who used low-dose aspirin therapy, were aged 70-74, and had no history of cardiovascular disease.

Researchers measured the results by looking for first-time heart attacks, stroke, and major hemorrhage in the gastrointestinal (GI) tract. As reported in an online edition of the *British Medical Journal*, the model showed that

while heart attacks and ischemic strokes may have been prevented, this benefit was offset by a significant number of subjects with sharply increased risk of bleeding in the brain and/or GI tract.

In a BBC News account of the study the medical director of the British Heart Foundation, Professor Peter Weissberg, noted that given the UT study results, a clinical trial to test effects of low-dose aspirin therapy in older people "should be undertaken before aspirin is advocated for primary prevention of heart disease in the elderly community."

### To stop or not to stop...

So, if you're over the age of 70 and you're currently taking aspirin to help prevent a heart attack or



stroke, should you discontinue the daily dose immediately?

In a word: No.

In three words: Call your doctor.

Here's why: A 2003 study demonstrated how severe angina and fatal heart attacks might be prompted by the sudden halt of daily aspirin intake.

In reviewing more than 1,200 cases of coronary episodes, French researchers found 51 patients who suffered heart attacks or other severe coronary problems less than one week after they stopped using aspirin. Subjects with a history of heart disease were at particularly high risk. The French team told Reuters news service that doctors should not advise their coronary patients to stop using aspirin, and even stated that aspirin therapy "cannot be safely stopped in any case."

How's that for a "wonder drug"! You begin an aspirin regimen to protect your heart, but if you stop, you stand a chance of prompting a dangerous coronary episode. So if you're taking a daily aspirin and you're over the age of 70, share these study results with your doctor to assess your personal risk/benefit ratio.

### Protection on the plate

Ironically, many people who are taking a daily aspirin to help their heart may already be getting plenty of heart attack protection from the foods they eat.

In the e-Alert "Pain Takes a Holiday" (9/8/03) I told you about a 15-month study of almost 2,000 subjects that showed how those whose diets included the highest fruit intake had more than 70 percent reduced risk of heart attack and

other cardiac problems compared with those who ate the least amount of fruit. On average, for every additional piece of fruit consumed each day, subjects showed a 10 percent reduction in coronary risk.

And vegetable intake produced a similar effect. Subjects who consumed vegetables three or more times each week had approximately 70 percent lower heart attack risk than those who ate no vegetables at all.

These heart protective benefits are most likely due to flavonoids, the substance that gives fruits and vegetables their color. Flavonoids have both antioxidant and anti-inflammatory qualities—two benefits that are believed to help curb chronic diseases, including heart disease, lung cancer, stroke, asthma, and type 2 diabetes.

As for those who are taking ibuprofen or other NSAIDs to relieve arthritis pain, there's also a safe alternative called bromelain that we've told you about in *HSI Members Alerts* and *e-Alerts*. Bromelain is a digestive enzyme found in pineapple that acts as a natural anti-inflammatory. In addition to relieving the swelling, pain, and stiffness associated with arthritis, bromelain has also been shown to help reduce platelet aggregation, which can lead to stroke and heart attack.

Bromelain is available in health food stores and through online sources.

This latest study has still only lifted the lid on some of the problems associated with aspirin and other painkillers. And while these over-the-counter drugs are useful in moderation, everyday usage can evolve into much larger

(continued on page 8)

### And another thing...

(continued from page 5)

risk of heart attack and death. The Yale team speculates that sleep apnea reduces blood flow to the heart, depriving the heart of oxygen.

And, in case you didn't see it in the *e-Alert*...

...Research has shown that CoQ<sub>10</sub> fuels cellular energy production and repairs free-radical damage to the heart muscle. But can this antioxidant be effective when the heart is in dire straits? Italian researchers recruited 20 men and three women with chronic heart failure to test 300 mg of CoQ<sub>10</sub> per day against placebo for four weeks. Results showed that CoQ<sub>10</sub> improved functional capacity of the heart as well as blood flow, compared to placebo. Exercise also boosted the absorption of CoQ<sub>10</sub> into the blood stream.

...Bad breath may be reduced by eating a little yogurt every day. A group of Japanese researchers instructed 24 subjects with halitosis to avoid eating yogurt and any other foods with living cultures for two weeks. For the following six weeks all subjects ate 45 grams (about 2 ounces) of sugar free yogurt twice daily. At the end of the trial, 80 percent of the saliva samples collected were found to have lower levels of sulfide compounds (which can cause halitosis) compared to saliva samples taken at the outset of the study. Subjects also considerably reduced plaque and gingivitis, although the mechanism that creates

(continued on page 8)



## And another thing...

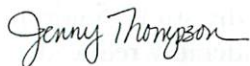
(continued from page 7)

these benefits is unknown.

...Here's a health note that falls directly in the category of "cold comfort." According to a Johns Hopkins study that followed nearly 1,500 women for 12 years, women over the age of 50 with a lifetime history of migraine headaches with aura had a **lower** risk of developing cognitive decline than women without migraine. While migraine patients may follow special diets or modify their behavior in such a way that improves cognition, researchers speculate that the benefit may be the result of a biological mechanism such as a difference in blood vessels or brain activity.

...Antioxidants may help prevent hearing loss. In a study from the University of Michigan Hearing Research Institute, guinea pigs were given a mix of antioxidants (vitamins A, C, and E, along with magnesium) one hour before exposure to high decibel levels. Antioxidants were continued for five days after the high decibel exposure. When the animals' hearing was compared to guinea pigs exposed to the same decibels but without the aid of supplements, researchers found that the antioxidant group experienced significantly less hearing loss.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

health problems down the road. Fortunately there are natural alternatives with no side effects. And

some of them may even be on your dinner plate this evening. **HSI**

## Now you can get even more vital commentary on today's most pressing health concerns.

Visit HSI's brand-new blog, On The Spot, at [www.HSIBaltimore.com](http://www.HSIBaltimore.com). HSI reporter Michele Cagan chimes in with her timely, sometimes irreverent, but always relevant look at critical health issues, the lies we're told by the business of conventional medicine, and the natural cures that get covered up.

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**Triple Jointed**, Baseline Nutritionals, Ph. (800)695-5995; [www.baselinenutritionals.com](http://www.baselinenutritionals.com). One bottle of 90 capsules costs US\$89.95 plus shipping. Three bottles costs US\$180.00—a savings of 33 percent.

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# HSI HEALTH SCIENCES INSTITUTE

MEMBERS ALERT FOR JULY 2007

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## An endangered cancer-fighting miracle makes its exclusive U.S. debut

by Alicia Potee

*Antrodia camphorata*. I'd guess that, unless you live in Taiwan, you've probably never even heard of it.

I certainly hadn't—which took me by surprise, considering the fact that cancer-fighting mushrooms like this one are such a hot topic in natural medicine these days. But in the course of my research, the reasons for its obscurity became clear as day.

Like a lot of the breakthroughs I've shared with you, there's a big catch. Bigger than most, in fact. You see, this particular fungus is *practically extinct*.

### An endangered medicine from the mountains

*Antrodia camphorata* grows in the remote Taiwanese mountainside, as high as 1500 meters above sea level, where the upper branches of the slow-growing *Cinnamomum kanehirai* Hay tree are its sole hosts.

But this fungi's towering natural habitat isn't the only thing that makes it nearly impossible to find—the Hay tree also happens to yield the best-quality lumber in the country. So much so, in fact, that the fragile species is now teetering toward extinction—a trend that led to its current protected status, which the Taiwanese government put into place 25 years ago.

That's right. In Taiwan, harvesting this wild cancer miracle at the expense of its endangered host is *criminal*. So it shouldn't come as a surprise when I tell

you that specimens of the mushroom are so rare that they sell for the equivalent of \$600 an ounce.

So why am I telling you about a cure that you may never get your hands on? Well, with the sweeping advances in culturing technologies over the past decade, scientists at Taipei's Well Shine Biotechnology Development have discovered a way to grow this mushroom in mass. And unlike those before them, they've produced a product that is nearly a perfect genetic match (99.97 percent, to be exact) to wild *Antrodia camphorata*.

But before I get into what this mushroom can do for you, let me explain a little bit about its long (and very impressive) history.

### A Taiwanese healing secret for over two centuries

It was 1773 when the famous Chinese doctor Wu-Sha arrived at Formosa, the main island of Taiwan. At the time, many local inhabitants were plagued by alcoholism, and Dr. Wu immediately observed unusually high incidents of headaches, hepatitis, cirrhosis, and other complications of the disease. But more perplexing was the swiftness with which the Formosans recovered—an anomaly that, he would later discover, was directly linked to the peoples' reliance on *Antrodia camphorata*.

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## Inside

Say goodbye to statin drugs with the help of this four-pronged heart formula. . . .page 3

A look at Japan's "sweetest" diabetes-busting breakthrough . . . . .page 6





### Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Antrodia camphorata

(continued from page 1)

Dr. Wu's future studies of the treatment revealed that *Antrodia camphorata* was far more effective than any of the other herbs typically used in Traditional Chinese Medicine—especially against pain, bacterial infections, poisons, liver failure, and cancer. Today, *Antrodia camphorata* remains an invaluable mainstay of the Taiwanese people—and its price and protected status have been assigned accordingly.

With this lengthy folk history, it's a wonder that the mushroom's scientific name wasn't even confirmed until 1997—and that the majority of formal studies on this mushroom have only been performed in the last 10 years.

But despite its slow start, research on *Antrodia camphorata* continues to pick up steam. In fact, I dug up dozens of studies documenting its powerful effects against conditions like inflammation and toxicity—and most notably, its ability to target, revert, and even destroy cancer cells.

### Reverses liver cirrhosis, wipes out cancer—and even saves your brain cells

The early 2000s ushered in the first published studies of *Antrodia camphorata*—most of which primarily demonstrated the extract's antioxidative and hepatoprotective qualities. In one study, researchers from Taipei Medical University compared preparations of *Antrodia camphorata* to an isolated flavonoid found in milk thistle called silymarin, a popular treatment for liver toxicity and cirrhosis.

Results showed that the mushroom stood up to the powerful

flavonoid and offered significant liver protection to mice that were treated with it—most likely, the scientists theorized, due to its strong free radical scavenging abilities.<sup>1</sup>

Later research served as further confirmation for these early findings—only in these instances, studies revealed that the extract wasn't just preventing liver damage, but was actually inducing apoptosis in several human liver cancer lines and inhibiting cancer cell growth.<sup>2,3</sup>

But liver cancer cells weren't the only ones that extracts of *Antrodia camphorata* stood up to in the laboratory. Research conducted as recently as this year has shown that this fungus can not only prevent metastasis in bladder cancer cell lines,<sup>4</sup> breast cancer cell lines<sup>5</sup>, leukemia cell lines<sup>6</sup>, and lung cancer cell lines<sup>7</sup>—it can even reverse and obliterate them.

If all that's not enough, studies have shown that it can help to preserve your brain, too. In an analysis published in *The Journal of Natural Products* in 2006, seven different neuroprotective compounds were identified in *Antrodia camphorata*. Their activity was evaluated, and results showed that they were able to repel neuron damage in-vitro by up to 39 percent.<sup>8</sup>

The mechanism for *Antrodia's* unparalleled healing powers, scientists propose, is its remarkably high composition of naturally occurring polysaccharides, adenosine, chitin, superoxide dismutase, vitamins—and an especially huge quantity of cancer-fighting plant compounds called triterpenoids.

The popular medicinal mushroom *Ganoderma lucidum*, for example, boasts about 20 to 50 different forms of this particular compound (at a total content of



about 1 to 3 percent). But chemical analysis shows that *Antrodia camphorata* contains over 200 different kinds of triterpenoids, resulting in a total content of about 20 to 45 percent—that's nearly 50 times greater.

### **A miracle mushroom— with only one source**

This research is just a small sampling of what's out there—so it's easy to see why *Antrodia camphorata*'s widening availability, both in the U.S. and abroad, is such a huge breakthrough. And with all of this hard science, it's only a matter of time before the market is flooded with versions of the mushroom, right?

Well, not exactly...

While tracking down more information about this miracle mushroom, I had a chance to speak with Roland Li, from the Khong Guan Corporation—he's the one who introduced me to *Antrodia* just a couple of months ago at the Natural Products Expo in Anaheim. He's also the man who spearheaded this product's U.S. launch in May 2007—a launch that is bound to be successful, given that the competition is far

from fierce. In fact, it's *nonexistent*.

According to Li, there are two ways to produce fungus in a laboratory. Using a liquid medium (aquaculture), you can replicate the mushroom's mycelium (a web-like structure on which the actual fruit grows) but not the fruit itself. Earlier attempts at reproducing the elusive mushroom usually took this form. With this method, however, it's far too difficult to yield an amount suitable for mass production and sale—much less a product with the amount of triterpenoids necessary to make for a bonafide natural cancer killer.

But this problem has been solved with the innovation of "solid-culturing"—a process that Well Shine Development has perfected. In this case, scientists grow the actual fruiting body of the mushroom. And when matched with a pristinely controlled environment, the result is a product that is the closest thing available to wild *Antrodia camphorata*—in triterpenoid content, and consequently, disease-fighting capacity too.

Well Shine is the only company in the world to have mastered this patented technique—and after extensive toxicity and safety test-

ing, we now have access to the same supplement successfully used as a complementary cancer therapy in Taiwan for almost a decade now. It's called Vitalsil. Each capsule is 100 percent solid-cultured *Antrodia camphorata*, and it's now being imported exclusively by Khong Guan Corporation.

I'll end with one word of caution—and it's one that you might have already guessed by now: Vitalsil's price is on the steep side.

The recommended dosage is 2 to 3 capsules one to four times a day—and at \$138 per 60-capsule bottle, you could be shelling out quite a bit to include this mushroom in your daily supplement regimen. Even so, that's mere pennies compared to the market price of its wild cousin—and as safe, natural treatments for cancer go, I don't think it's an exaggeration to say that it's worth every cent. Yes, Vitalsil is expensive—but I challenge anyone to find me a cheap cure for cancer.

You'll find more details on your exclusive source for this endangered (and very hard-to-find) breakthrough in the Member Source Directory. **HSI**

Citations available upon request and on the HSI website

## **Panelist's four-pronged heart-protection combo sends statin drugs packing**

I've said it before, and I'll say it again: Statin drugs are just plain dangerous. Although they're prescribed to lower cholesterol, they've been linked to incidents of liver and muscle problems, pain, sleeplessness, erectile dysfunction, and Type 2 diabetes, just to name a handful.

But the truth is, the mainstream medical community *still* hasn't

gotten the point. And sadly, as long as the cult of statin-worship continues, the topic will *always* be timely.

It's one of HSI's evergreen causes—and one of the many reasons why it's so important for you to know about one of our panelist's latest products, CardioGold. While the pharmaceutical industry continues to exploit every

symptom of heart disease with a different poison every day, you can sidestep the circus completely—and this single, all-natural (and very safe) formula is the key.

CardioGold is the brainchild of Arista Nutraceuticals, in collaboration with HSI medical adviser Dr. Martin Milner—a naturopathic cardiologist who's been in clinical

*(continued on page 4)*



## CardioGold

(continued from page 3)

practice for over 20 years now. Together, they developed this brand-new supplement, which touts 15 extensively researched ingredients that attack heart disease from four different angles. And no matter what lines Big Pharma tries to feed you, covering all four of these bases is the insurance you need for a heart that's healthy for life.

### Keep your cholesterol in check—without deadly drugs

Trust me, it *can* be done. And it can be done just as effectively as the ever-popular statin drug does it, too—without the scary side effects. Not only that, but the natural combination of nutrients in CardioGold actually deal with out-of-control cholesterol in two different ways.

The formula's combination of plant sterols acts by reducing the amount of cholesterol you absorb from your diet. But this only manages one end of the equation—your liver is responsible for cholesterol production, too, and in the case of genetically high cholesterol it's almost always to blame.

That's why Dr. Milner included a 50/50 pharmaceutical grade mixture of two patented citrus peel extracts named hesperidin and naringin. Research has shown that this powerful combo is able to reduce total cholesterol up to 36 percent, LDL cholesterol up to

38 percent, triglycerides up to 57 percent—and even *boost* HDL cholesterol by up to 25 percent. In rabbit arteries it also dramatically reduced the buildup of deposits on the artery walls called fatty streaks.<sup>1</sup>

These astounding results are attributed primarily to the extracts' regulation of cholesterol synthesis combined with powerful antioxidant activity—which not only reduces fatty deposits in your liver, but also improves your liver's overall health.

### Balance your body's homocysteine levels with B vitamins

Cholesterol isn't the only potential heart risk that your liver manufactures—this organ also generates homocysteine, an amino acid created in a chain reaction that begins with the protein you eat.

Once again, homocysteine itself isn't bad—your body relies on it for cellular metabolism—but an excess of this compound can spell trouble. High levels of homocysteine can affect your arteries' elasticity, causing them to harden. And this will double your odds of ending up with heart disease—if not worse.

Fortunately, the answer to lowering elevated homocysteine levels is as simple as proper nutrition—specifically adequate intake of B-vitamins 6 and 12, as well as ample folic acid. In fact, Harvard's famous Nurses Health Study found

that women who had the highest intake of these vitamins (whether from supplements or diet) slashed their risk of fatal heart attacks in half.<sup>2</sup>

But there's a catch: Dr. Milner notes the latest research pointing to a slight genetic variant in about 30 percent of the female population—one that affects the metabolism of these essential B vitamins. Because of this genetic difference, many women's bodies aren't able to properly absorb and use these vitamins in your typical supplement or from food. And for both women and men, these vitamin levels decline with age, while homocysteine levels tend to progressively increase with age.

That's why CardioGold has special therapeutic doses of these ingredients and uses a special active form of B<sub>12</sub>. It also adds another natural ingredient, trimethylglycine—which directly converts homocysteine back into its less dangerous precursor, methionine.

### Keep your blood from clotting when it's not supposed to

Your blood is coursing with an important natural substance called fibrinogen. Fibrinogen interacts with your platelets when you're injured to form a clot, which eventually turns into a scab. Without it, you could experience major blood loss even from a simple papercut. But as usual, there's also the possibility of having too much of a good thing.

Too much fibrinogen means that your body can also form rogue clumps of blood in your veins and arteries—which is exactly where they're not supposed to be. And when these clots dislodge, the consequences—such as a pulmonary embolism—can be fatal.

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Unfortunately, drug developers aren't big proponents of balancing fibrinogen delicately (which requires having the right amounts you need to protect your heart without bleeding to death). In fact, the most popular blood-thinner out there has a black box warning to its name due to exactly this concern—*fatal bleeding*. On the bright side, nature can take care of this problem quite adeptly, and at a fraction of the cost, too.

CardioGold contains vitamin E, white willow bark (a natural aspirin substitute), bromelain, and garlic in order to secure normal platelet clumping. Those last two ingredients—with the help of curcumin—also help to safely reduce levels of fibrinogen. (No dangerous drugs required.)

### **Fight inflammation from every possible direction**

The final heart risk factor that CardioGold addresses—and the one that truly sets it apart—is inflammation. C-Reactive protein (a marker for inflammation in your blood) is now widely recognized as one of the major red flags for heart disease. And yet your typical prescription drug addresses anything but this crucial risk factor.

This is a serious oversight—because inflammation originating from just about any part of your body can ultimately contribute to your heightened risk of a fatal heart attack.

Many of the ingredients I mentioned earlier are also noted natural anti-inflammatories—namely, citrus flavonoids, white willow bark, bromelain, and curcumin. But Dr. Milner included a powerful combo of four addi-

tional standardized herbal extracts, which work synergistically to fight five different paths of inflammation including the one that directly drives C-Reactive protein. These herbs include ginger, Devil's Claw (an African plant named for the small hooks found on its fruit), boswellia, and nettle leaf—all natural mediators of inflammation, with years of research and historical use to back them up.

CardioGold is still fairly new—so as of yet, Dr. Milner tells me, clinical testimonials for the product are just starting to come in. But already, there are some promising results.

One 52-year-old woman was suffering for years with out-of-control cholesterol, along with diabetes, obesity, hypothyroidism, neck pain, hip bursitis, and muscle spasms. But she was delighted when she discovered that (after Dr. Milner lowered her Lipitor from 40 mg to 20 mg and she started taking CardioGold daily) not only did her muscle spasms improve (likely as a result of lowering Lipitor), but her cholesterol levels improved too—from 142 to 131. Her triglycerides also dramatically lowered, from 129 to 92—all in just three months.

Further results are expected in the next month or so—but in the meantime, you can try CardioGold for yourself, at an exclusive discount for HSI members only.

The regular dose of CardioGold is two capsules twice daily before meals. Dr. Milner recommends increasing the dose to 6 capsules if you have high cholesterol levels or weigh significantly over 200 pounds. **HSI**

Citations available upon request and on the HSI website

### **And another thing...**

...Symptoms of menopause (especially hot flashes) have been treated with the herb black cohosh for hundreds of years. New research shows that women who use black cohosh might be getting a very important additional health benefit. In a study that examined the use of herbal supplements in nearly 1,000 women with breast cancer and more than 1,500 healthy women, researchers found that black cohosh use was associated with a 61 percent lower risk of breast cancer. More research is needed to determine if breast cancer can actually be prevented by black cohosh use.

...Ginkgo biloba is the botanical extract commonly used to help improve memory and prevent memory loss. But could it also play a role in overall survival? When French researchers followed more than 3,500 elderly subjects for 13 years, they produced a surprising statistic: Those who regularly took Ginkgo biloba supplements were nearly 25 percent less likely to die during the study period. Their conclusion: "Ginkgo biloba may have a beneficial effect on survival in the elderly population."

...Your risk of developing Parkinson's disease may be higher than normal if you're a male with a high intake of dairy foods. This is the conclusion of a recent study from the National Institute of Environmental

*(continued on page 7)*



# Can a popular Japanese vegetable help diabetics?

## You bet your sweet patootie!

by Robert P. Stuart

If you read my last article, then you already know that I have diabetes—the adult-onset (Type 2) form, to be exact. (That’s right—although I wasn’t born with it, I somehow managed to inherit a genetic predisposition for the disease along with my dashing good looks, razor-sharp wit...and let’s not forget my ever-present sense of humility.)

It doesn’t make things easy—and I could count the ways. For the sake of compelling subject matter, I’ll spare you the whole list—but just to reel you in, let me offer one perfect example: Nothing beats the aroma of a homemade sweet potato pie fresh out of the oven when Thanksgiving rolls around. (Make that *anytime*, actually.) It makes my mouth water just to think about it.

But hey, wait a minute...I can’t be *plunging* my fork into that delicious pie now, can I? Heck, I shouldn’t even be dreaming about it, isn’t that right?

Well, that’s *not* right. A sweet potato can actually be a diabetic’s best friend. Especially if it happens to be from Japan.

See, I’ve read some great studies showing a positive benefit to be gained by the dietary use of soluble fiber, chromium picolinate, and botanical extracts such as cinnamon, banaba leaf, and fenu-greek. But I can categorically state that I have never seen *anything* to compare with the clinical research on an extract of an exotic Japanese white sweet potato called Caiapo. This new ingredient may ultimately prove to be the most powerful natural weapon in the war

against the diabetes epidemic yet.

### No ma’am, it’s not a yam—it’s a power-packed potato

Do you know the difference between a sweet potato and a yam? Well, I do—but that’s only because I’m writing this article about Caiapo. Up until just a couple of weeks ago, I must admit that I was totally clueless.

I found out that we don’t really eat yams here in the United States. It doesn’t matter if the flesh is deep orange, yellow, purple, red, pink, or light tan—they’re all sweet potatoes. (True yams, on the other hand, are not sweet at all, but instead are sticky and starchy. They can also grow to more than 100 pounds, which would make them pretty hard to fit on your Thanksgiving dinner plate!)

To a taxonomist (that’s a scientist who classifies plants like sweet potatoes—although it sounds like someone who would *stuff* them), all sweet potatoes have the official Latin binomial name of *Ipomoea batatas*. But today that name applies to more than 4,000 varieties.<sup>1</sup> These developed from the original native Central American plant as Columbus and other conquerors from Spain and Portugal carried it to the Philippines, then to the East Indies, and ultimately into Asia.

These sweet potatoes have a special importance in Japan, where they are the third largest food crop, and where their excellent keeping qualities have earned them a well-deserved reputation as “typhoon insurance.” In the mountains of Kagawa Prefecture, they cultivate a unique white sweet potato variety

that is eaten not only for nourishment, but also in its raw form as a traditional food for treatment of anemia, hypertension, and diabetes.

As you may have already guessed, that last *benefit* is the most meaningful. In fact, as strange as it might seem, diabetics who eat the Kagawa white sweet potato find that their blood sugar *doesn’t* go up—in many cases, it goes down...*way* down!

### New competition for scale-tipping diabetes drugs?

About 10 years ago, the anti-diabetic nature of the Kagawa potato attracted the attention of Fuji-Sangyo, a leading Japanese natural pharmaceutical research institute. Their scientists dissected the potato and found that the active blood sugar balancing principle was found not in the succulently sweet center of the tuber, but rather was concentrated in the *cortex*, which is the innermost part of the skin. (See, Mom was right when she told you to eat your potato skin!)

Armed with this knowledge, the Fuji-Sangyo scientists carefully concentrated an extract of the sweet potato cortex, and they called their extract Caiapo.

In a study conducted back in 2000 to test the effectiveness of Caiapo, scientists chose to use Zucker rats, which are specially bred to be obese and diabetic.<sup>2</sup> (NOTE: No rats were harmed in this experiment—unless one of them stepped on another one’s paw by accident, that is.) But the Fuji-Sangyo researchers didn’t just study their Caiapo extract alone



—they had the audacity to test it *mano a mano* against troglitazone, widely regarded as one of the most potent anti-diabetic drugs.

(Now might be a good time to mention that troglitazone has since been yanked from the U.S. market—it apparently ran into some trouble of the “drug-induced hepatitis” variety. Not exactly the stuff bedtime stories are made of, is it?)

Anyway, the results of this ambitious undertaking were published in the *Biological and Pharmaceutical Bulletin*, and I’ll bet you can guess which won...it was Caiapo, by a knockout! It controlled blood sugar and reduced insulin resistance just as well as the popular drug, but it also reduced triglyceride levels—and, even more amazingly, it started to repair damaged pancreatic insulin-producing cells. Even better, while troglitazone—like most diabetic drugs—caused weight gain, the Caiapo did not.

(That was no doubt great news for the pudgy rats, who were probably sick and tired of the other lab animals calling them “fat, fat, Zucker rat”...)

Of course, as much as we like to equate men with rats on occasion, animal studies are no substitute for the real deal. So, with such fantastic results from the Zucker rats, the Fuji-Sangyo research team felt confident enough to try a Caiapo study on human diabetic subjects—especially given the fact that, since sweet potatoes are a food, there were certainly no safety concerns.

But this time, rather than conducting the studies themselves, the Japanese researchers decided to call in an all-star lineup from the University of Vienna

Medical School, headed by renowned professor of endocrinology Dr. Bernhard Ludvik.

### **The results carry over—and slash blood sugar by 13 percent**

In 2002, Dr. Ludvik and his team conducted a clinical trial involving 18 diabetic men (Type 2) in a randomized, placebo controlled study. At the end of the six-week study, the results were astounding. The men consuming 4 grams of Caiapo daily (in divided doses taken before each meal) experienced a 13 percent drop in fasting plasma glucose accompanied by a remarkable 30 percent drop in total cholesterol and a 13 percent drop in LDL (bad) cholesterol.<sup>3</sup>

But that was just the beginning. Fast forward to 2004, and Dr. Ludvik dropped another Caiapo bombshell. The new study, published in the prestigious journal *Diabetes Care*, was the first to demonstrate long-term efficacy of the supplement on glucose control.<sup>4</sup>

In this groundbreaking study, Dr. Ludvik and his colleagues examined the tolerability and efficacy of Caiapo on metabolic control in 61 patients with Type 2 diabetes. That’s a much larger population than is usually found in studies of dietary supplements—large enough in fact to be recognized as valid by the FDA or any international regulatory body. The subjects were randomly assigned to receive either 4 grams of Caiapo or a placebo daily for 12 weeks.

The researchers reported that levels of hemoglobin A-1c (HbA1c), used to measure excess blood sugar, decreased significantly

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Health Sciences in which researchers analyzed data collected on more than 130,000 subjects over a nine-year period. Previous studies *have linked* high dairy intake to Parkinson’s, although researchers don’t yet know why dairy products might prompt a higher risk of the disease.

And, in case you didn’t see it in the *e-Alert*...

...Zinc supplements may curb infections in older people. Nutritionists know that zinc deficiency, susceptibility to infections, and increased oxidative stress are common in people over the age of 55. In a recent study, researchers divided 50 healthy subjects between the ages of 55 and 87 into two groups. One group received 45 mg of zinc daily for one year, while the other group received a placebo. Over the course of the intervention period, incidence of infections was significantly lower in the zinc group. Markers for inflammation and oxidative stress were also reduced.

...You’ve probably heard that grapefruit juice shouldn’t be taken with medications because a chemical quirk in the juice boosts the potency of certain drugs, increasing the risk of a dangerous overdose. Research has uncovered the mechanism behind this effect: Grapefruit juice impedes an enzyme that plays a key role in metabolizing some drugs. When the enzyme is obstructed, more of a drug’s active ingredient reaches the bloodstream. This enzyme may also be affected by apple juice, lime juice, and orange juice

(continued on page 8)



## And another thing...

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made from Seville oranges.

...When you eat organic foods, you may be getting an antioxidant boost. Plants naturally produce polyphenolic compounds, which are natural pesticides and potent antioxidants. But when chemical pesticides are used on crops, extra protection isn't needed, so fewer polyphenolics develop and antioxidant content is depleted. This phenomenon was confirmed in a new study in which organic kiwifruit was shown to have higher antioxidant activity, and higher levels of ascorbic acid and minerals compared to conventionally grown kiwi.

...Green tea and black tea both contain catechins, which are flavonoid compounds with significant antioxidant power. A key catechin variety known as EGCG has been shown to prevent the formation of arterial plaque while helping maintain elasticity of veins. When German researchers compared the effects of black tea with black tea and milk in 16 postmenopausal women, results showed improved arterial elasticity, but this benefit was lost when the tea was combined with milk. Green teas (which are usually not taken with milk) contain as much as 10 times the amount of EGCG as black teas.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

## Caiapo

(continued from page 7)

from 7.21 percent to 6.68 percent after treatment with Caiapo. In the placebo group however, levels of this important marker remained unchanged.

Decreases in fasting blood sugar levels (from 143.7 to 128.5 milligrams per deciliter) were also observed in Caiapo-treated patients, while no significant change was observed in those who received placebo. Additionally, patients in the Caiapo group had significantly improved glucose tolerance compared with the placebo patients, and their cholesterol levels were also lower.

This time around, both groups experienced a decrease in body weight, but the researchers attributed this to a better-controlled lifestyle—although they suggested that in the Caiapo group, reduced body weight was related to the improvement in glucose control.

And as expected, treatment with Caiapo came without significant adverse effects.

## Now the bad news (for the time being, at least)...

Now that I've piqued your interest in Caiapo, I trust that you won't be too annoyed with me when I drop a little unfortunate bombshell of my own: This amazing ingredient is not yet available outside of Japan.

But fear not. That situation is due to change in the very near future, once the good people of Fuji-Sangyo scale up production of Caiapo to meet international demand. To my mind, they'd better work overtime. We diabetics are 246 million strong—and growing—and we want our Caiapo!

You can bet that I'll stay on top of this story—so stay tuned. As soon as Caiapo comes to a U.S. distributor near you, I'll make sure that you're the first to find out. **HSI**

*Citations available upon request and on the HSI website*

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**Vitalsil (Antrodia camphorata)**, Khong Guan Corporation, Ph. (877)889-8968 ext.104; [www.myasianstore.com](http://www.myasianstore.com). One 60-capsule bottle costs US\$137.99 plus shipping.

**CardioGold**, Arista Nutraceuticals, Inc., Ph. (800)983-3860 or (775)423-4433; [www.cardiogold.com](http://www.cardiogold.com). One 120-capsule bottle costs US\$39.95. (An additional exclusive 10 percent discount applies to all HSI members—be sure to use the coupon code “HSI”.)

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## An ancient Thai "miracle" herb reveals itself to be a real-life fountain of youth

by Alicia Potee

"In life, you find yourself where you're supposed to be. There's always a reason."

That's how my conversation with Dr. Sandy Schwartz (you can call him Dr. Sandy) began. And if your interest is piqued, it should be. That initial statement would set the tone for one of the most extraordinary conversations I've ever had during my time here at the Health Sciences Institute.

I called Dr. Sandy to learn more about an obscure herb called *Pueraria mirifica*, a serendipitous discovery that he made shortly after deciding to drop anchor in Bangkok, Thailand. And when asked how he ended up so far from his native New York City, he confidently proclaimed that he was fated to collide with this ancient plant.

The first half of its moniker (also called PM for short) is simply the Latin term for what is locally called *kudzu*—a genus of green plants native to Southeast Asia. But it's the second half that warrants the lion's share of your attention.

The direct translation of *mirifica* is "miracle-maker." And when I heard what this herb could do, I decided that the name couldn't be more appropriate. For centuries, PM has been working magic that (until now, at least) most of us have only seen in big-budget Hollywood films—or in our absolute wildest dreams.

Imagine having a full head of thick, dark hair well into your 80s—no Clairol or expensive procedures necessary. Imagine your wrinkles and

sagging skin vanishing, leaving firm, taut, youthful skin in their place. Imagine staving off the devastating effects of menopause, so that you'll never suffer another sleepless night riddled with hot flashes again.

And if all that isn't compelling enough, imagine being able to combat breast cancer, ovarian cancer, cervical cancer and prostate complications—all with this single "miraculous" herb.

If you don't believe me, just take a look at the numerous published studies that have been performed on PM. Even better, ask the virile, active, and anything-but-elderly Thai villagers who have consumed variations of this plant every day for generations.

Or you could ask Dr. Sandy, like I did. As the natural health pioneer who's made it his mission to put this herb on the Western end of the map, he'll tell you that *Pueraria mirifica* certainly lives up to its name.

### An anti-aging powerhouse that's less toxic than water

The first recorded account of PM dates all the way back to 14th century Thailand, where the highest order of monks in the Northern Kingdom would receive tonics crafted from the herb as gifts from local inhabitants. Today, you can still read the ancient palm leaves that are inscribed with the plant's numerous (and incredible) capabilities, which were translated into modern Thai by scholars in the 1930s.

"If aging men take this medicine

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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### miracle herb

(continued from page 1)

[they] will become strong like a young man," the text professes—adding that "the ingredient in the medicine is very easy to find, but the specification of the right plant is very difficult." As it turns out, there are 13 different species of "kudzu" in Thailand. But only one of them—*Pueraria mirifica*—has the astounding power to reverse the many effects of aging.

That's because PM has sole bragging rights to a unique compound called miroestrol. It's nearly identical in molecular structure to estriol, one of the three main estrogens produced by the human body in both genders. But more importantly, you won't find another compound with more potent estrogenic activity anywhere in nature.

Analysis has shown that miroestrol—and its precursor deoxymiroestrol—has approximately 3,000 times the estrogenic activity of soy isoflavones and is more than 100 times more powerful than red clover, two of the most popular alternatives for natural menopause relief today. But as Dr. Sandy explained to me, this particular phytoestrogen doesn't work in quite the same way. In fact, it's far safer.

PM doesn't simply mimic estrogen in the body the way that other therapies do, whether bio-identical or not. Instead, the herb (much like the human byproduct it resembles) acts on estrogen receptors. In more clear terms, it acts as a balancing agent: When levels of estrogen are too high, PM will tie up receptors to weaken the hormone's effects—when levels are low, the herb exerts the necessary estrogenic activity with-

out actually increasing the amount of estrogen in your body.

As a result, your hormones are modulated and signs of aging linked to your body's numerous estrogen-receptors (whether it's menopausal symptoms, wrinkles, balding, or graying hair) are halted or reversed. And without any risk of toxicity, either.

On the LD50 test (which measures the dosage that would kill laboratory animals after 14 days, expressed in weight of material per kilogram of body weight), simple water scores a 16. Relative to this, dried PM root scores a more toxic 7—but when the root is administered in the form of a standardized extract, the score raises to 40, causing no animal deaths at all.

In short: It's less toxic than water.

### Night sweats stopped in as little as six days

Just as important as PM's safety, though, is that it actually *works*. Fortunately, several studies suggest that it can effectively relieve several of the many symptoms of menopause.

One study showed that PM improved vascular function in ovariectomized rabbits, showing the herb's promise as a heart-protective for menopausal women.<sup>1</sup> Another demonstrated PM's ability to prevent bone loss in rat models.<sup>2</sup> And just as many human trials show that these results carry over to women as well.

A larger Phase II trial was conducted in 2004, in which researchers evaluated the symptoms of 37 perimenopausal women (including hot flashes and night sweats). Of the 37 trial subjects, 20 were randomly assigned a dose of 50 mg of PM per day—the other 17 received a dose of 100 mg. The results were positive—and began to show as



soon as six days after treatment, leading study authors to conclude that “*Pueraria mirifica* demonstrates great promise in the treatment of climacteric symptoms among perimenopausal women.”<sup>3</sup>

But as they say, every rose has its thorn—and *Pueraria mirifica* appears to be no exception. In trial subjects, there have been reports of breast pain, vaginal discharge, headaches, and even a few cases of vaginal spotting in menopausal women supplementing with PM—an occurrence that would most likely send you running to your doctor for a cancer screening. (Bleeding after menopause is almost always a serious warning sign.)

But while this is definitely a potential side effect that might lead you to reconsider including the herb in your daily arsenal, research actually suggests that supplementing with PM could help to eliminate worries of hormone-dependent cancers—like breast cancer—altogether.

Even a quick glance at global cancer statistics will reveal a striking point of contrast: Rates of breast cancer in particular are more than 10 times lower in Thailand than here in the United States. This is a difference that’s impossible to ignore—and also one that has sent scientists searching for an explanation. They may have found their answer in *Pueraria mirifica*.

Scientists believe that PM’s active compound miroestrol acts similarly to the breast cancer drug tamoxifen, insofar as it occupies estrogen receptors without triggering the chemical cascade that leads to pre-cancerous cell division. And this hypothesis is supported by a growing body of studies, which reveal that PM can inhibit the growth of breast cancer cells in particular.

## Benefits that reach far beyond menopause

In total, the studies around PM have been mixed, with some demonstrating the herb’s great potential, and others suggesting it may come at a price. Dr. Sandy is quick to say that the latter research simply needs to be more thorough. What could look like a trigger for potentially dangerous cell division on the surface would reveal itself to be increasing *cancer-fighting* cells upon closer inspection, he argues.

The Thai Ministry of Health enthusiastically supported this same conclusion in a 2001 public declaration, citing clinical research that proves PM’s safety—and its promise in the search for new cancer treatments. But for now, the jury—on paper, at least—still appears to be out.

What’s certain, though, is the mountain of epidemiological evidence behind PM’s powers, in the form of centuries of use by Thai men and women. Dr. Sandy detailed many stories to me: In one particularly memorable account he described an 82-year-old woman whose daily consumption of PM kept her hair naturally jet black, and her body as spry as a woman decades her junior. Amazingly, she still had the energy she needed to chase after her grandchildren.

Another local man (also in his 80s) seemed confused when asked how often he arose from sleep at night to urinate. To him—and all of the other male villagers who had been eating PM root every day for years—disturbances of this nature were unheard of. Dr. Sandy has even seen his own hair restored and wrinkles fade—after all, men experience side effects from estrogen imbalances, too, like balding, lower sexual performance, and more porous bones.

But the younger population can benefit from PM, too, he told me—with the prevalence of hormones in our food supply, a natural estrogen adaptogen like this one can be crucial at any age. Last, but not least, Dr. Sandy didn’t fail to mention several LA Lakers cheerleaders who have seen excellent results from his PM formulation for breast enhancement—perhaps a less urgent, but equally astounding “perk” of the product.

To his mind, *Pueraria mirifica* is nothing short of a fountain of youth—and the possibilities, he says, are vast. Even now, research is in the works that will investigate the herb’s potential, not just against menopausal discomfort and cosmetic aging, but also against prostate concerns, osteoporosis, and possibly even Alzheimer’s. But in the meantime, the herb’s availability is still limited, and the American market may not quite be ready to embrace it. Still, there are a few scant sources that have begun to open the door.

One of these is Solgar, who introduced a product called PM PhytoGen Complex in December. It includes a standardized extract of *Pueraria mirifica* with B<sub>12</sub>, folic acid, and biotin to help manage the symptoms of perimenopause—like night sweats, insomnia, headaches, and fatigue.

You can find details on how to order this product—and be among the first on this side of the Atlantic to benefit from this breakthrough herb—in the Members Source Directory. Meanwhile, stay tuned—we’ll be sure to keep following the inevitable growth of what just might end up being the hottest ingredient to hit the natural health scene in decades. **HSI**

Citations available upon request and on HSI website



# Purge your body of toxic buildup overnight with this one-of-a-kind detoxifying deodorant

by Alicia Potee

Maybe you've already made the switch to natural deodorant. If so, you've taken a smart step. And if not, you should make the switch today, because not doing so could cost you your life.

Aside from the irritation they can cause your skin on a daily basis, the chemicals and preservatives used in popular deodorants and antiperspirants have been linked to cancer, Alzheimer's, and kidney failure. You've probably already heard a little bit about these dangers—and that's probably why you're using or looking for a natural alternative now.

But there's one mistake that you can't afford to make—and that's to assume that all natural products (*especially* deodorants and antiperspirants) are really as natural as they claim to be. While there are many so-called "natural" personal care products on the market these days, a closer look often reveals that they're just as hazardous as the big names they're trying to replace.

When I learned about Detox Deodorant (a product with a straightforward name that speaks for itself) I realized right away how crucial it was for you to learn

about it. Not only does it live up to its promise of having the most natural ingredients available, but it can also help to draw out the deadly toxins that have been accumulating in your body—whether you knew they were there or not.

Before I get into what makes Detox Deodorant so unique, though, let me take a moment to explain exactly why you should take your brand-name deodorant or antiperspirant of choice and toss it in the trash immediately.

## Your drugstore deodorant could be killing you

The cosmetics industry is a dangerous one. While the FDA launches witch hunt after witch hunt against supplement companies all over the country, the bigwigs responsible for spinning out the products that you use on your skin every day operate in a veritable wild west of manufacturing practices. Here, the cheapest and easiest-to-use ingredients rule—regardless of the cost to consumers or the environment.

Inevitably, the vast majority of popular beauty and hygiene products—many of which you, your children, or your grandchildren have

been using for years—are riddled with irritating toxins and chemical carcinogens. And among these, deodorants and antiperspirants have received a large part of the otherwise nonexistent negative press.

Antiperspirants plug your sweat pores in order to keep your underarms dry—something you might consider a hazard in itself, since sweating is your body's natural way of detoxifying itself. But adding insult to injury is the ingredient used to produce this unnatural blockage: aluminum salts. The studies linking the use of aluminum-containing products like this to various forms of disease—specifically, Alzheimer's—are numerous.

But lowering this toxic risk isn't as simple as switching from an antiperspirant to a deodorant. While deodorants don't use aluminum salts to block perspiration (the action of deodorant is primarily antibacterial) most of them do contain ingredients called parabens, a preservative that mimics estrogen in the human body.

Among the most notable studies on the link between parabens and cancer appeared in the *Journal of Applied Toxicology* in 2004.<sup>1</sup> In examining tissue from 20 different human breast tumors, 18 of them were found to contain intact parabens. Since then, even more studies have surfaced linking the preservative with breast cancer, both in the human body and in-vitro.

Nevertheless, the medical and research community can't seem to agree on whether or not ingredients in these deodorants and antiperspirants—whether they're aluminum salts or parabens—are actually dan-

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Visit HSI's brand-new blog, On The Spot, at [www.HSIBaltimore.com](http://www.HSIBaltimore.com). HSI reporter Michele Cagan chimes in with her timely, sometimes irreverent, but always relevant look at critical health issues, the lies we're told by the business of conventional medicine, and the natural cures that get covered up.



gerous. There are just as many studies that show that this link has little or no statistical significance—meaning that, for now at least, manufacturers are free to include them in any product they choose.

Be that as it may, I can't imagine that you want to wait until the link has actually been "proven" to take whatever steps necessary to protect yourself from the threat posed by these products. And since you'll even find parabens lurking in a few of the most popular health-food-store brands, you're going to want to settle on a product that is what it claims to be. And this brings me right back to Detox Deodorant.

### **Not a single synthetic ingredient—just as nature intended**

Detox Deodorant is manufactured by Herbalix Restoratives, an ecologically minded company whose facility is located directly on the Pacific Northwest's Puget Sound. Every facet of their business is steeped in a deep respect for the environment—right down to the organic vegetables and herbs they grow for their products on the premises.

The company's namesake was a novel tincture developed by Dr. David Maline, a diabetic neurosurgeon whose chemically sensitive skin had suffered from the years of harsh antibacterial scrubs he had used in hospitals. Over time, he developed a complex blend of over 60 herbs, which successfully controlled his painful outbreaks—and which would later become the staple ingredient in all of Herbalix's formulas, including Detox Deodorant.

Botanicals hailing from Chinese, East Indian, and Native American

traditions—with origins both earthbound and aquatic—comprise this blend. But it serves another purpose aside from simply soothing inflamed and irritated skin—laboratory evaluations have also proven the tincture's effective preservative capabilities. The benefit of this is that Herbalix Restoratives does not require any type of synthetic preservative system in any of their products—meaning that Detox Deodorant is 100 percent paraben-free.

And there are a lot of other toxic additions that you won't find in Detox Deodorant: petroleum, metals (that includes aluminum), emulsifiers, phthalates, propylene, dyes, fillers, or any other synthetic ingredients. Even their manufacturing facilities are completely free of plastics to ensure clean processing and a pristine product—right down to the recycled, leach-free packaging.

Detox Deodorant also doesn't contain any refined, bleached, or deodorized (RBD) oils. (These are the chemically processed ingredients that take colors and odors out of products—yes, even that unscented deodorant is courtesy of a chemical masking agent.) Instead, Detox Deodorant uses a base of coconut, sweet almond, and extra virgin olive oils.

As a result, all of the product's herbs and botanicals retain their natural form, and most importantly their natural skin-soothing properties.

### **Banish years of toxic buildup—in your sleep**

You might still be wondering what sets Detox Deodorant apart from all of the other (but admittedly few) purely natural deodor-

*(continued on page 6)*

## **And another thing...**

...Cinnamon may help control blood sugar, according to new research that confirms previous studies. When Swedish researchers compared a series of blood tests in 14 healthy subjects who ate a serving of rice pudding, then, on another day, ate a serving of pudding with a heaping teaspoon of cinnamon, results showed that blood sugar levels were more elevated after eating the pudding without cinnamon. Researchers believe the cinnamon successfully helped control blood sugar because ultrasound scans show that the spice slows the speed at which food passes through the stomach to the intestine.

...Men with gout—and their doctors—should monitor heart health with the same diligence given to diabetics. That's the conclusion of a new study that followed more than 9,000 middle-aged men for 16 years. Researchers found that subjects with gout were significantly more likely to die from a heart attack compared to subjects without gout. When other cardiovascular risk factors were taken into account (such as high blood pressure, smoking, and obesity), gout was still linked to higher heart attack risk.

...Two cups of coffee each day may offer protection against PLB, or primary late onset blepharospasm, which is a neurological condition that affects muscle motor control and causes uncontrolled blinking of the eyes. In advanced cases, PLB patients are unable

*(continued on page 7)*



## detox deodorant

(continued from page 5)

ants available on the market. Well, one look at the package will explain it all: This deodorant is meant to be worn overnight. And that's an indication you're not likely to find on any of the boxes lining the shelves of your local drugstore.

As you sleep, your body goes through its own restorative detox process—and the process of sweating out toxins is an essential step in repairing the damage that is done throughout the day. This holds especially true for the underarms, one of your body's primary points of expulsion. And the prolonged use of traditional deodorants and antiperspirants, which block the pores and introduce foreign chem-

icals into your body, make the need for detoxification even greater.

That's why, in addition to their patented blend of botanicals, developers at Herbalix added three key detoxifying ingredients into the mix:

- **Olive leaf**, an anti-inflammatory detoxifying herb with especially potent antibacterial, anti-viral, and anti-fungal properties
- **Coriander seeds**, a strong antibacterial that's also rich in vitamin C
- **Kelp powder**, a mineral-rich ingredient that also acts as a powerful natural filtering agent

When I contacted the company, analysis of residue samples was underway—and while they couldn't disclose complete results, I was told that Detox Deodorant was

proving to be especially effective at drawing out aluminum. In fact, you can expect results within a couple of days to a week of use—and you may initially find that your skin breaks out slightly. This is normal, and will pass once the detoxification process is complete.

And in case you're concerned about how a concoction like this could possibly look and smell, don't be—it looks much like other typical natural deodorants, with a pleasantly sweet and herby aroma. But be careful: This product *can* stain your clothes (another reason why it's not a preferred choice for daytime use). For a product you can wear daily, Herbalix offers several other deodorants, which you can safely use in conjunction with their Detox Deodorant. **HSI**

Citation available upon request and on HSI website

## 21st century editions of panelist's best-selling nutrition bibles now available

It's no secret to HSI members that you are what you eat—and I'm sure you would agree that when it comes to powerful natural cures, there's no better resource than the food that you put into your body.

So when HSI panelist Dr. Elson Haas told us that he was releasing revised and updated versions of his blockbuster books *Staying Healthy with Nutrition*, *Staying Healthy with the Seasons*, and *The New Detox Diet*, we knew that you would want to hear about it. Each of these titles boasts the latest in cutting-edge nutritional information from one of the leading authorities in eating for wellness today.

In addition to comprehensive details on every aspect of nourishment for good health and disease prevention, Dr. Haas' latest edition of *Staying Healthy with Nutrition* features newly expanded and up-to-date chapters on lifestyle modification, the latest on nutritional supplements, and the newest advances in fighting burgeoning health concerns like fatigue, obesity, heart disease, and cancer. The result is an encyclopedia-sized reference of crucial nutritional

information suitable for health professionals, students, and at-home readers alike.

*Staying Healthy with the Seasons* is an up-to-date integrated medicine handbook that teaches you how to achieve optimal health by keeping your body in sync with the changing seasons through dietary cleansing and mind-body integration. Drawing from the fundamental principles of Chinese medicine, Dr. Haas guides you through ways to maximize your well-being and fight off illness all year long.

Finally, the updated edition of his best-selling *The New Detox Diet* presents the same timeless guidelines to ridding your body of sugar, alcohol, nicotine, and other dangerous toxins—and also includes new easy and delicious recipes to help you nourish yourself for a cleaner, healthier life.

The updated editions of these natural health classics are available now at an exclusive discount offered to HSI members only. Check the Members Source Directory for ordering details.



# This powerful plant extract is your first line of defense against dust mites

by Jenny Thompson

From the HSI e-Alert (6/19/07)

About 300 years ago, Anton van Leeuwenhoek, the inventor of the microscope, peered into the eyepiece of his invention and discovered a previously invisible population of creatures that live among us: dust mites.

Dust mites aren't invisible, of course—they're just undetectable to the naked eye. Good thing. Because if you've ever seen a photo of a dust mite, the realization that your bedding, clothes, curtains, upholstered furniture, carpets, and stuffed animals are teeming with hundreds of thousands of them is unsettling at best.

For most of us, thorough and frequent cleaning—along with making a conscious decision to just not think about them—is the only defense needed against dust mites. But others are not so lucky. Dust mites come in right behind pollen as the second most common cause of allergic reactions. A protein contained in dust mite feces and skin sheddings can prompt reactions that range from the mild (itchy nose) to the *extreme* (severe asthma).

For many people who are sensitive to dust mites, a powdered plant extract may be the only defense they need.

## Dust in the wind

In previous *e-Alerts* I've told you about several trials that have tested a remarkable product called Nasaleze.

Nasaleze is a completely organic powdered plant extract that creates a gel when it comes into contact with moisture. When Nasaleze is sniffed into the nostrils, the gel

that's naturally created acts as a mucous substitute for allergy sufferers who lack the natural mucous that filters air in the nasal passages. In the absence of mucous, allergens make contact with the sinuses and lungs, which triggers sneezing and other unpleasant reactions.

Last week, the newest Nasaleze study was presented by J.C. Emberlin and R.A. Lewis at the European Academy of Allergology and Clinical Immunology meeting in Gothenburg, Sweden. Professors Emberlin and Lewis oversee the UK National Pollen and Aerobiology Research Unit.

Here's the study profile in a nutshell:

- Researchers recruited 15 adults diagnosed with persistent allergic rhinitis due to dust mite allergy
- In the study's cross-over design, each subject participated in a placebo phase in which they sniffed a lactose powder, and an intervention phase (conducted at least seven days apart from the placebo phase) in which they sniffed Nasaleze
- All subjects were symptom-free at baseline
- After receiving the placebo or Nasaleze sniffs, each subject was given a small puff of homogenized dust into each nostril
- Dust used in the trial contained specific concentrations of the house dust mite allergens Der p1 and Der f1
- Measures for nasal secretions, sneezing, etc., were taken at 5 minutes, then every 15 minutes for the next hour, followed by

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## And another thing...

(continued from page 5)

to keep their eyelids from shutting, making them functionally blind or nearly blind. Italian researchers uncovered the coffee connection when they compared coffee intake in 166 PLB patients to a healthy control group.

### ...Suffer from depression?

Connect these dots... Dot One: Depressive symptoms have been shown to be lower among people whose intake of omega-3 fatty acids closely equals intake of omega-6 fatty acids (which are abundant in processed foods). Dot Two: Cod liver oil is rich in omega-3 fatty acids. Dot Three: A new study from Norway shows that people who consume cod liver oil are 30 percent less likely to experience depressive symptoms compared to those who don't use the oil. Oily fish such as salmon, tuna, mackerel, trout, and swordfish are also good sources of omega-3.

And, in case you didn't see it in the *e-Alert*...

...Here's something you don't hear too often: To stay healthy, you should gain a little weight. But that doesn't go for everyone, of course. California researchers compared body mass index (BMI) and mortality rates for more than 13,000 subjects over the age of 80 living in a retirement community. Data was collected over a three-year period, and again for another year one year later. Results showed that mortality rates were generally lower among subjects with BMI numbers in the overweight range

(continued on page 8)



## And another thing...

(continued from page 7)

compared to subjects with numbers in the normal range.

...Blueberries may contain two potent anti-cancer agents. In a new USDA study, pterostilbene (an antioxidant compound found in blueberries) inhibited inflammation and significantly blocked the development of precancerous lesions in the colons of rats. Pterostilbene has also been shown to lower blood glucose levels. In one study where it was compared to metformin (the drug most often prescribed for type 2 diabetes), pterostilbene lowered plasma glucose levels in rats with high blood sugar by more than 40 percent.

...Can a high intake of omega-3 fatty acids help manage blood pressure? According to a new study, the answer is yes—it can help a little. But a little goes a long way when it comes to blood pressure. Researchers at Chicago's Northwestern University compared blood pressure readings to dietary habits in more than 4,600 men and women over the age of 40. When results were adjusted to account for 17 different variables that affect blood pressure (such as weight, exercise habits, age, etc.), the Northwestern team found that subjects whose diets supplied a good intake of omega-3 fatty acids tended to have slightly lower blood pressure compared to subjects with low omega-3 intake.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

## Nasaleze

(continued from page 7)

30 minute intervals for four hours, and again at six hours and 24 hours

- Results showed that sneezing, itchy nose, and runny nose were significantly reduced when using Nasaleze
- Eosinophil cationic protein (ECP—a marker for allergic inflammation) was also significantly reduced in nasal secretions when Nasaleze was in use
- No adverse reactions were reported

### Stubborn tenants

For people who are allergic to dust mites, Nasaleze might provide a life-changing solution because it's impossible to completely rid a house of these microscopic creatures.

According to a Clemson University fact sheet, dust mites thrive in humidity, so dehumidifiers

may provide some relief. But bed fibers and carpet fibers actually have their own humid microclimates that are only mildly affected by the humidity of the room. Insecticides also have no lasting effect on core populations of dust mites.

Constant cleaning of bedding and upholstery is the best way to control dust mites. For those who are most sensitive, removal of carpeting, curtains, stuffed toys, and upholstered furniture may be necessary. Mattresses, box springs, and pillows may also need to be enclosed in dust-proof covers.

Meanwhile, we'll be hearing more about Nasaleze later in the year when a new study from the University of Helsinki will report on the results of Nasaleze as a preventive for the common cold. To learn more about Nasaleze—including where you can buy it for yourself—visit [www.nasaleze.com](http://www.nasaleze.com). **HSI**

Sources available upon request and on HSI website

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**Solgar PM PhytoGen Complex**, The Vitamin Shoppe, Ph. (866)293-3367; [www.vitaminshoppe.com](http://www.vitaminshoppe.com). One bottle of 60 tablets costs US\$25.00 plus shipping.

**Detox Deodorant**, Herbalix Restoratives, Ph. (866)387-4222; [www.herbalix.com](http://www.herbalix.com). One 2.5 oz stick costs US\$15.00 plus shipping.

To order Dr. Haas' books, contact the publisher, **Celestial Arts/Tenspeed Press** at (800)841-2665, ext 1, or send an email to [order@tenspeed.com](mailto:order@tenspeed.com). (Redemption code: HSIB) You can also order through the website, [www.tenspeed.com](http://www.tenspeed.com). (Click on Books and enter redemption code at checkout.) HSI members receive 20% off the list price. After the discount, **The New Detox Diet** and **Staying Healthy with the Seasons** cost US\$16.95 each. The 1000-page **Staying Healthy with Nutrition** costs US\$39.95. Dr. Haas' seasonal cookbook, entitled **A Cookbook for All Seasons** (US\$16.95) is also available. For more information about Dr. Haas, his work, and his books, please see [www.elsonhaas.com](http://www.elsonhaas.com).

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## Eliminate excruciating kidney pain for good with this all-in-one stone-crushing cure

by Alicia Potee

I'll never forget it: finding my good friend collapsed in pain on his kitchen floor, clutching his side, unable to move, and only barely able to speak. After being ushered to the emergency room via ambulance and given a hefty dose of pain medication, the cause of his crippling condition finally came to light.

It was a kidney stone, they said. And though it was the first time I had ever seen the devastating side effects of a passage like this, you can believe that I know them when I see them now. And that goes a million times over for my friend who suffered through it. He said it was the most unimaginable pain he'd ever experienced.

You might already be familiar with this nightmarish pain firsthand—and if so, the product I'm about to share with you could literally change your life. A far cry from the mainstream's so-called "solution" of prescription painkillers, it turns out that there is a safe, natural—and very effective—cure.

It's called StoneBreaker, and it's a brand-new formula from panelist Jon Barron that I learned about just a few short weeks ago.

### The single-herb answer to destroying dangerous kidney stones

If you've been a member for a while now, you might remember the first time we told you about a potent Peruvian herb called chanca piedra—literally, *stone breaker*. (In case the identical name didn't tip you off, it's also the main ingredient in Barron's

new formula.) As both monikers imply, this herb can effectively destroy kidney stones by breaking them into smaller pieces and thereby making them easier to pass.<sup>1</sup>

I probably don't have to tell you that this will spare you a tremendous amount of agony—in both the short and the long term.

That's because the size of the kidney stone you're passing is what dictates the level of pain you'll experience. Believe it or not, these deposits (formed from calcium in the urine, mixed with a salt called oxalate, or alternatively, uric acid) are quite common. In fact, most of us will pass stones in our lifetimes—many of which go completely unnoticed.

If these stones are large enough, however—about the size of a grain of sand or bigger—you won't be so lucky. A dull, throbbing pain in your back and side will *become* a sharp stabbing pain as a stone moves from your kidney to your urethra to be passed. (Remember, however small these stones may appear, they are composed of jagged edges that tear through your flesh as they move.) This horrible process can take hours, *even days*.

To make matters worse, one incident of this kind usually portends another (if not many more) to come. And if later stones are any larger, the complications reach much further than excruciating pain. A stone that's too large to be passed can block urine flow in your kidneys—and ultimately lead to permanent (and potentially

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## StoneBreaker

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deadly) damage.

In cases like these, your only real options are surgery, or a procedure called extracorporeal shock-wave lithotripsy (ESWL for short, wherein shockwaves are sent through your tissue to crush the stones). Either way, you're still looking at a lifetime of unpredictable attacks and a dizzying regimen of prescription pain management.

Fortunately, none of this has to happen—not if you keep your kidney stones under control from the start. And regular consumption of chanca piedra is the key.

Not only does it break down your stones, making them less painful as they move through your body (imagine the difference between the consistency of gravel and a consistency more like toothpaste, Barron suggested), but it also acts as an anti-inflammatory, an antibacterial, and a diuretic.

Even more impressive is the fact that chanca piedra can keep those stones from coming back, too. Although researchers are still investigating exactly how it works, the herb has been shown to have a "potent and effective" inhibitory effect on kidney stone formation—even at very high concentrations of calcium oxalate.<sup>2</sup>

By harnessing the power of chanca piedra, StoneBreaker provides all of the herb's best benefits. But that's not all it does—not by a long shot.

### 7 steps to keeping your kidneys healthier than ever

In developing this formula, Barron demanded an approach that was thorough and comprehensive—one that, in his experience, isn't

often assumed by your average kidney product. As he explained it, most kidney supplements focus solely on the antilithic (or stone-breaking) action—and for good reason, as that's probably the most important aspect of kidney stone relief.

But in focusing only on that one element, you are forgetting all of the essential actions that your kidneys perform. Your kidneys are responsible for the filtering your blood and eliminating waste, preserving the appropriate amounts of electrolytes and water in your body, and producing key blood-protective, bone-protective, and heart-protective hormones.

And if something goes awry in your kidneys, all of these functions can eventually be affected.

That's why Barron believes that any good kidney formula will perform six essential duties beyond simply being antilithic. To truly address the many sources of kidney stones and the pain that accompanies them, a formula would also have to be diuretic (water removing), antiseptic (infection killing), anti-hepatotoxic and anti-nephrotoxic (liver and kidney cleansing), soothing to urinary tract tissue, anti-inflammatory, and lastly, stimulating to renal tissue (so that damage can be repaired quickly and efficiently).

In addition to chanca piedra, StoneBreaker boasts a long list of 13 other ingredients, each with manifold influences on the health of your kidneys—and on the relief of kidney stone-related pain.

➤ **Hydrangea root** is a potent diuretic (which lessens the likelihood of infection along the entire urinary tract, including the bladder and



the prostate) in addition to being antilithic. (The Native Americans have used the herb in this capacity for generations.) Recent research has also shown that hydrangea root offers more antioxidant protection to your liver than milk thistle and turmeric combined.<sup>3</sup>

- **Gravel root** is also a potent diuretic and antilithic agent. In addition, it facilitates the excretion of excess uric acid (making it an ideal treatment for gout and rheumatism too).
- **Marshmallow root** soothes inflamed tissues in the kidneys and urinary tract—making stones easier (and less painful) to pass.
- **Juniper berry** is a strong antiseptic and a natural diuretic that fights and flushes out infection.
- **Corn silk** is another diuretic (often used to treat bladder and prostate infections as well).
- **Uva ursi** has strong antiseptic, antioxidant, and antilithic properties. It is especially useful in soothing, calming, and strengthening bladder walls, protecting you against chronic infection.
- **Parsley root** is another diuretic that also clears uric acid (thereby preventing stone formation) and also prevents histamine release (meaning it can help with allergies, too).
- **Carrot tops** help to clear infection and alkalize the blood (removing stress from the kidneys).
- **Dandelion leaf** is a traditional diuretic, antiseptic, and pain

reliever. It's also rich in potassium—a mineral that's often lost by excessive urination.

- **Horsetail** is another popular diuretic.
- **Orange peel** is a natural antiseptic, antibacterial, and fungicidal agent.
- **Peppermint** soothes and relaxes the muscles in the urinary tract, reducing pain and spasms.
- **Goldenrod** flushes excess water from the body—without flushing out essential electrolytes (like salt and potassium), a common problem with many diuretics (prescription or natural).

Each of these ingredients taken in combination with the antilithic chanca piedra can safely and effectively wash out your existing kidney stones—without the telltale sharp, stabbing pain you've come to dread. But just as important is that it keeps those stones from returning, while healing, restoring, and regenerating damaged tissue in your kidneys—not to mention your entire urinary tract. (In fact, this formula can help to break down stones in your liver, pancreas, and gall bladder, too, while flushing and restoring all of those organs—and keeping them healthy for life.)

You may have noticed, however, that many of the above ingredients are diuretic in nature—meaning that they also have the potential to increase any toxic effects from certain medications you may already be taking. If you're currently on medications, you'll want to stay on the safe side and work with your doctor while using StoneBreaker.

Now you might be wondering, as you've probably come to wonder with any formula that promises an end to otherwise untreatable chronic

pain: What's the catch? And when I tell you that StoneBreaker isn't a capsule, but a tincture (it was the only way to include all of the necessary ingredients without compromising quality, Barron explained) you might think that you've found the catch right there.

But let me also say this: As tinctures go, this particular blend is the exception to every unspoken rule. The taste (while still bitter) is not reminiscent of the usual overpowering foulness that assaults your tongue with many other products—and neither is the smell. In fact, as soon as you open your bottle of StoneBreaker, you'll inevitably recognize the distinct woodsy aroma of gin—courtesy of the juniper berries, no doubt. (If martinis are your drink of choice, you might even find this tincture pleasant.)

### 20 years of unbearable pain reversed in just 3 days

Like I said before, this product is brand new—so new, in fact, that Baseline is still ironing out details as I write this. But already, reports are coming in about StoneBreaker's incredible capabilities. And Patty, a woman who has suffered with "incurable" kidney sludge for 20 years, will be the first to volunteer her story. Before she began taking Barron's new product, her pain was so severe that, at one point, she had to receive liquid Morphine every hour (a treatment usually reserved for terminal cancer patients) just to make it bearable.

Because she was diagnosed with sludge (small sand-like particles with no larger stone as a source), neither surgery nor lithotripsy were an option. The doctors told her that there was nothing more they could do. Several other natural remedies had already failed

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# End sleepless nights the natural way with this time-tested nutrient combo

by Alicia Potee

Good sleep is hard to find—that's one bit of "news" that's anything but. But since it's my job to keep you in the latest loop, here's a little something *that* might surprise you: Those restless nights can actually cause obesity, memory loss, heart disease, and diabetes. And there are dozens of studies that prove it.

The fact is, sleep isn't just important—it's absolutely *vital* to your good health. Without it, your body doesn't stand a chance against the lifetime of damage it's faced with—which is exactly why I'd be failing you as a source if I didn't tell you about any product that could help you sleep better as soon as I learned about it.

V-Calm (a new natural sleep aid that's just hitting the market this month) is one of those products. True, the formula's arsenal of ingredients might look a little familiar to you—but there's no doubt about the fact that this combination is anything but ordinary. In fact, one of HSI's most respected panelists, Dr. Hyla Cass,

had a hand in its creation.

So it shouldn't surprise you when I tell you what this formula can do: With V-Calm's help, you can see to it that the last sleepless night you spent pacing through the house or staring at the clock was just that—the *last* one. But even more exciting is that you can do all of this naturally, without side effects—and *for good*.

## The ancient herb that helps you sleep deeper—and wake up healthier

In order to understand what makes this particular formula so effective, you first have to understand what's happening to your body when you sleep—and why getting your full eight hours' worth is so crucial.

Sleep is an incredibly complicated biological process in which several parts of the body are involved. It would be impossible to explain all of the ins and outs in detail here, but I can give you a quick synopsis: When light is reduced, signaling cells in your retina relay

a series of messages to your hypothalamus and pineal glands, prompting them to produce melatonin (the "sleep" hormone that causes sedation, accompanied by a drop in body temperature).

Meanwhile, your brain's more stimulating neurotransmitters (like epinephrine, norepinephrine, and serotonin) are deactivated, preparing your body for the upcoming cycles of sleep. Your brain alternates between two of these: rapid eye movement (commonly known as REM, or the "dream" state) and non-rapid eye movement (NREM, also known as "slow wave" sleep, alluding to your decreased brain activity during that time).

Both cycles are essential for different reasons: Research has shown that REM sleep is important for emotional well-being and memory, while the slower NREM cycle is the time at which your immune system builds itself up and your body is restored and repaired. So you can see by now how much physical devastation can be sparked by a simple lack of sleep.

## StoneBreaker

(continued from page 3)

her—StoneBreaker was her last resort. Fortunately for Patty, it was also the most effective.

After just three days of taking the formula, all of her kidney symptoms began to disappear. The pressure in her back released, and she was able to urinate without any straining or burning. By the evening of the fourth day, her symptoms had reversed so much that she was able to completely

eliminate her evening dose of pain medication—and stay pain-free for the first time in 10 years. A full week later, she is still pain-free—and overwhelmingly amazed at the way this new formula has transformed her life. She'll continue to flush with StoneBreaker once a month—and still can't believe that her days of unbearable and disabling pain might finally be behind her.

Like Patty, you'll want to mix 4 ounces of StoneBreaker with a quart

of fresh apple juice (usually recommended for its taste—but any juice *you prefer* is fine) and a quart of water. You'll drink the entire mixture over a course of four days (that's about a pint a day). Your stones should soften enough for a painless passage in as little as two to eight days. And in most cases, according to Barron, flushing with StoneBreaker only twice a year should be enough *to keep them away for good.* **HSI**

Citations available upon request and on HSI website



Enter valerian, an herb you've almost certainly heard about before—in fact, it's been used for centuries as a natural calming agent and powerful sleep promoter. Clinical studies on the root of this herb are plentiful, and the most compelling among them demonstrated that supplementing with valerian extract can facilitate and prolong the deepest and most restorative slow-wave phase of sleep.

And the long-term benefits of this kind of replenishing rest are impossible to ignore: Not only will you sleep more soundly, but you'll also wake up *healthier* than you were the night before, with a strong defense against the daily onslaught of energy-sapping influences.

In addition to valerian, each serving of V-Calm contains equal parts hops (yes, hops—the popular main ingredient of beer), lemon balm, and passionflower. These three herbs have an equally long history of use—in fact, the Commission E (Germany's national guide to the therapeutic use of herbs) openly endorses them to safely and effectively promote restfulness and relaxation, either individually, or in combination with valerian.

### **Increase “meditative” alpha waves to stay relaxed and alert**

Among V-Calm's other ingredients are several key amino acids including L-theanine (which happens to be the same compound responsible for the relaxing effects of green tea) and L-glutamine (the most abundant amino acid in your blood and muscle tissue). Research has shown that supplementation with the first of these can significantly increase alpha-wave brain activity—that is, alert relaxation without that groggy

half-present or medicated feeling. (As it turns out, this is also the same type of brain activity detected during meditation.)

L-glutamine has also been shown to reduce hostility and boost mood and energy in smaller clinical settings. And circulating levels of both amino acids have been shown to boost the synthesis of gamma-aminobutyric acid (or GABA)—also a key ingredient in V-Calm. Like L-theanine, GABA acts to increase alpha-wave activity in your brain, promoting a state of wakeful relaxation, leaving you feeling calm and balanced.

Taurine is the final amino acid on V-Calm's ingredient list—a close relative of glutamine that recent animal studies suggest can help to boost stress tolerance and support healthy blood pressure.

### **Mood-boosting B-vitamins help pave the way to better sleep**

As natural a process as it is, there are still dozens of potential reasons why you might not be reaching one or both of these phases of sleep—and why you're dragging through your day because of it. These include stimulant use (like caffeine or nicotine), an inactive lifestyle, hormonal changes (like the ones experienced in menopause), or other more serious health conditions.

But more often than not, your difficulty reaching the deepest, most restorative cycles of sleep boils down to a single popular culprit—and while I know you've heard it before, it still bears repeating. Accumulated stress can disrupt your sleep from every direction—primarily because the effects of this state (whether you realize it or not) have the ability to reach far beyond a rac-

(continued on page 6)

## **And another thing...**

...A deficiency of thiamine (vitamin B<sub>1</sub>) may be common among diabetics, putting them at greater risk of stroke, kidney disease, and retinopathy (a condition that blocks the capillaries that provide blood to the retina). In a study from the UK, B<sub>1</sub> concentration was found to be about 75 percent lower in both type 1 and type 2 diabetics compared to healthy subjects. Researchers believe the cause of the deficiency is more likely due to an increased rate of B<sub>1</sub> removal from the body, rather than poor dietary habits. Further research is needed to determine the effectiveness of supplements in bringing up B<sub>1</sub> levels and reversing early stages of kidney damage.

...Men who are battling prostate cancer may reduce their risk of developing a more aggressive form of the disease by including plenty of cauliflower and broccoli in their diets. In a Canadian study, more than 1,300 prostate cancer patients completed detailed food frequency questionnaires. Researchers found that higher consumption of cruciferous and dark green vegetables were associated with a lower rate of aggressive prostate cancer. Cauliflower, broccoli, and, to a lesser degree, spinach were the three foods most closely linked to this reduced risk.

...Gaining excess weight during and after teen years may raise the risk of urinary incontinence in middle-aged women,

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## V-Calm

(continued from page 5)

ing, worried mind.

This stress is one of the main factors that V-Calm can help to protect against—so that you can finally enjoy a deep, uninterrupted sleep every night (without feeling groggy or “out of it” in the morning).

In the last issue, I told you about the important role that neurotransmitters like serotonin play in the management of mental health—so you probably remember that adequate levels of these compounds in the brain are essential for regular nights of healthy sleep, too. In fact, too much stress will only continue this vicious cycle of neurotransmitter depletion—potentially leading to not just one, but a whole string of sleepless nights.

That’s why several of the ingredients in V-Calm—namely, a battery of B-vitamins—directly address the issue of neurotransmitter balance and healthy neurological functioning.

➤ **Niacin** is essential to energy

metabolism and DNA repair.

➤ **Vitamin B<sub>6</sub>** plays a key role in the proper synthesis of neurotransmitters and in the process of cell metabolism.

➤ **Folic acid** is critical for the synthesis, repair, and protection of your DNA. Adequate intake of this vitamin helps to ensure a sharp memory and strong cognitive functioning, while preserving healthy emotional states in adults.

➤ **Vitamin B<sub>12</sub>** is crucial for elevated, peaceful moods and a strong memory. (Your stores of this vitamin are also easily depleted by the stress hormone cortisol.)

➤ **Pantothenic acid** enhances your adrenal function, helping to balance the release of stress hormones.

This B complex is rounded out by 100 mg of magnesium oxide, which not only boosts vasomotor control, but also facilitates healthy neurotransmission—meaning that

it can help to fend off restlessness, worry, and other sources of stress that might affect your sleep.

A single capsule of V-Calm might be all you need—but most people will require between two and four capsules in the evening before bed to guarantee a full night’s worth of deep, restorative, natural sleep (no tossing and turning required). As with any supplement, of course, you shouldn’t exceed the recommended dosage.

You should also bear in mind that the effects of some of these ingredients (like valerian, for example) have been shown to be even more positive with consistent use. So V-Calm is one supplement that you can take safely every night—without any fear of addiction, dangerous side effects, or lowered effectiveness over time.

V-Calm is available to you right now through NorthStar Nutritionals—you’ll find ordering details (including the special introductory price for this brand-new product) in the Member Source Directory. **HSI**

## Sleep away your pain on this breakthrough magnetic mattress pad

by Alicia Potee

While I’m already on the topic of sleep, I want to take a minute to tell you a little bit about another product I learned about recently. It’s called the Magnetico Sleep Pad, and it just might change the way that you think about magnets forever—especially if you’ve been suffering with fibromyalgia, arthritis, or any other kind of chronic pain.

Because of our millions of years of exposure to the geomagnetic fields of our planet, you could say that a magnetic environment is the natural habitat for any living

thing on Earth. As such, your body needs some level of magnetism to stay alive—and fluctuations of these fields in either direction can directly affect the state of your health.

But while the forces of magnetism are as old as time itself, our awareness of their impact on human vitality has only sprung up in the last century or so. It was only really discovered with the advent of space travel. As it turns out, the first Russian astronauts lost up to 80 percent of their bone mass as a result of their extended flights. And

since then, a generator of artificial magnetic fields has become the standard in all space capsules.

Research examining the correlation between magnetic fields and health has continued in more recent years—much of it with incredibly compelling results. In fact, we now know that magnetism doesn’t just play a hand in preserving bone mass—it might actually help to halt the aging process altogether. This theory was confirmed by one ongoing project in particular, when scientists observed that enhanced



magnetic fields resulted in an insect lifespan that was five-fold higher—and a human cell lifespan that was more than doubled.

I suspect that by now you're wondering how you might be able to put these natural forces to work for you. But I'm sorry to report that, for now at least, your options are still pretty limited.

You have regular access to only two sources of magnetism: the earth (as I mentioned earlier), and your own brain (which produces a living magnetic field from its astrocytes, the most abundant type of brain cells). These sources work together to create what's called "magnetic resonance"—a state you usually achieve during your sleeping hours, and one that enhances every chemical reaction in your body. This is the time at which your body repairs and rejuvenates itself, returning to its state of optimal functioning.

Trouble is, it's a well-known fact that the geomagnetic field of our planet has diminished with the passing centuries, making this crucial resonance even harder to achieve. And technological advances like microwaves, televisions, and radios can also interfere with magnetic fields, leaving your body's natural field depleted.

Both of the above factors can lead to problems with chronic pain, reduced immune function, insomnia, fatigue—and ultimately, even more serious conditions, like heart disease or cancer.

### **Sleep away intense chronic pain in only six months**

The Magnetico Sleep Pad is the only pad on the market that creates a field that is negative in charge only—and in doing so, it simulates the natural geomagnetic

field of Earth. It creates a unidirectional field that acts as one large magnet, stretching as far as four feet above the bed. (You place the pad beneath your regular mattress.) Any positive charge (the kind that can actually slow down magnetic resonance, prompting your body to work harder and ultimately depleting your energy) is limited to the outside and edges of the bed.

In case you're wondering, it's completely safe. But even better, it delivers some pretty astounding results—at least according to some of the research I read. But since I can't detail all of it for you here, let me give you a few highlights instead:

- Researchers at the University of Virginia conducted a six-month-long randomized, placebo-controlled study to observe the effects of Magnetico Sleep Pads on fibromyalgia patients. At the end of the study, participants using the Magnetico pads showed a significant reduction in pain intensity compared to the placebo group.<sup>1</sup>

- In a small, double-blind clinical study presented to the North American Academy of Magnetic Therapy in 1996, 29 fibromyalgia patients (all undergoing standard FM therapy) were assigned to use either Magnetico pads or a placebo. At the end of the six-month study, patients using the Magnetico pads showed more than double the improvement—including pain reduction, better sleep, less fatigue, and ability to do more housework.

- Another small study, also presented to the North American Academy of Magnetic Therapy, examined the results of six mostly debilitated Chronic Fatigue Syndrome patients. After six

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### **And another thing...**

(continued from page 5)

according to a new study. When researchers followed weight gain trends in more than 30,000 women, they found that women with a very high body mass index (BMI) were more than twice as likely to develop urinary incontinence compared to women with normal BMI. Obesity stresses the muscles that control urination, and insulin resistance (common in obesity) may damage nerves that are key to bladder control.

And, in case you didn't see it in the *e-Alert*...

...Studies have shown that emu oil, applied topically, produces an anti-inflammatory effect that can relieve sciatica—a leg and buttock pain caused by inflamed muscles in the lower back that put pressure on the sciatic nerve. Emu oil (rich in omega-3) is taken from the fat of the emu, an Australian bird that resembles an ostrich. For many centuries, emu oil has been used by Aborigines to relieve joint and muscle pain, and to moisturize skin. But some emu oil products are refined, while others are only rendered. The Emu Oil Institute warns that rendered oil may contain contaminants.

...Do eggs raise cholesterol? Two recent studies easily refute that myth. Study number one tested two levels of egg intake, versus zero intake, in a cohort of 24 women. Cholesterol levels rose in the zero intake group. In the egg groups, lutein and

(continued on page 8)



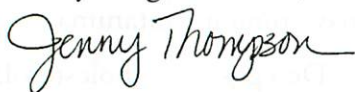
## And another thing...

(continued from page 7)

zeaxanthin levels increased, but cholesterol levels did not. Lutein and zeaxanthin are carotenoid antioxidants that promote general vision health and lower the risk of age-related macular **degeneration**. In study two, 33 subjects over the age of 60 ate one egg each day for five weeks. Cholesterol levels didn't rise, but lutein and zeaxanthin levels increased significantly.

...Controlling blood pressure helps keep the heart healthy, of course, but it may also help the brain age gracefully. A group of Boston researchers from Harvard, Boston University and Veterans Affairs (VA) examined medical records of more than 350 older men who participated in the VA Normative Aging Study, which included neuropsychological tests. As the men aged, their overall neuropsychological function declined. This decline was found to be significantly more pronounced among men who developed uncontrolled hypertension. Specifically, these subjects showed reduced verbal fluency and poor word recall compared to men with controlled blood pressure.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

**For FREE access to urgent health information and Health e-Alerts**, visit our website at [www.HSIBaltimore.com](http://www.HSIBaltimore.com) today to enroll—absolutely FREE.

## Magnetico Sleep Pads

(continued from page 7)

months, all of the patients showed improvement in 3 out of 5 categories (including sleep, sense of well being, hours of work, fatigue after exercise, and cognitive ability). One patient recovered in all five categories—and half were able to return to work upon the completion of the study.

### A hefty price tag for a pain-free life

Now, I should warn you that the price tag attached to these magnetic sleep pads is far from cheap. The least expensive model available is the single-size classic (\$495), with the most expensive California King “Super Sleep System” available for a hefty \$3,600.

Then again, Magnetic Bedfellows (the source that I've listed for you) offers a fantastic (and hard-to-come-by) six-month guarantee on all of its products. Simply put: If the Magnetico Sleep Pad doesn't help you, just send it back for a full refund. And if it does, well... you can't really put a price on a pain-free life.

You can find ordering info for Magnetico Sleep Pads in the Member Source Directory. And don't forget: This type of magnetic therapy is unsafe if you have a pacemaker or any other kind of internal electrical device. Magnetism can affect the function of these devices—meaning that in this case, you'll want to explore other natural options for pain relief instead. **HSI**

*Citation available upon request and on HSI website*

## MEMBER SOURCE DIRECTORY

**StoneBreaker**, Baseline Nutritionals, Ph. (800)695-5995; [www.baselinenutritionals.com](http://www.baselinenutritionals.com). One 4-oz bottle costs US\$49.95 plus shipping. You can also purchase the tincture as part of Baseline's Liver Detox Kit (including Liver Tea, Liver Tincture, Blood Support, and Colon Corrective) at a discounted price of US\$125.00 (the original retail value is \$189.95).

**V-Calm**, NorthStar Nutritionals, Ph. (888)856-1489; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). Ask for ID # MSLEEP. One 30-day supply (60 capsules) costs US\$34.95 plus shipping and handling.

**Magnetico Sleep Pad**, Magnetic Bedfellows (ask for Christine Nyce or Kelly Jackson), Ph. (888)880-8250; [www.magneticosleep.com](http://www.magneticosleep.com). Price of mattress varies based on size and health concerns. An exclusive 10-percent member discount applies. Ordering hours are 9 a.m. to 5 p.m. EST.

**CORRECTION:** In the October issue of the HSI *Members Alert*, we erroneously listed the price of MenaQ7 as US\$7.99. The correct price is US\$9.99.

### HSI website log-on info (NOVEMBER):

**Username:** november    **Password:** underground

Please note: HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide.

The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

## New research proves this cancer-fighting all-star can take on toxic metals—and save your life in more ways than one

by Alicia Potee

It's been a few years now since we told you how one incredible citrus peel compound could stop your lung, breast, or prostate cancer from spreading—maybe even wipe it out for good. And as you might have guessed, modified citrus pectin (MCP for short) still remains one of our most groundbreaking cancer-killing discoveries to date.

But the news is just getting better. That's because MCP is one natural gift that keeps on giving. Only this time, the spotlight has shifted from cancer to something just as sinister: the toxic heavy metals that can actually *cause* cancer—along with autism, Alzheimer's, and heart disease, too.

When we first wrote about PectaSol (a patented form of MCP from the Santa Rosa-based Econugenics Inc.) we hinted at the emerging science behind the compound's chelating powers. But it was only recently that this crucial new application made the transition from distant promise to bona fide breakthrough.

And with that move comes PectaSol Chelation Complex—a combo that's taking heavy metal chelation to a new, more natural, and far safer level than ever before. And the timing couldn't be better, because the need for a product like this gets more and more urgent every day.

### A complicated cure for yet another modern plague

Although the problem of heavy

metal toxicity has enjoyed greater exposure in the last decade, it hasn't changed the fact that you're still surrounded by these poisons in one form or another on a daily basis. You'll find mercury in dental fillings and flu shots, lead in peeling paint and old water pipes, and aluminum in popular antiperspirants and the pots and pans you cook with.

In fact, your exposure to heavy metals today is almost 500 times that of your prehistoric ancestors—due in no small part to industrial pollution, pesticides, and a whole host of other modern “amenities.” When you take a minute to reflect on the statistics, it's not so surprising that rates of cancer, heart disease, autism, and neurodegenerative conditions are on what appears to be a permanent upswing.

It seems like a simple enough connection to make—but while the EPA has outlined very clear exposure limits to ensure public safety against heavy metals, the medical mainstream has yet to fully acknowledge the threat that heavy metal toxicity poses on an everyday basis. Even the smallest amounts of these toxic metals can gradually build up in your soft tissue and bone, leading to any number of varied symptoms, like joint pain, high blood pressure, and neurological disorders.

So why don't more doctors recognize this link? Maybe because the research behind it is still conflicting.

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## PectaSol Chelation Complex

(continued from page 1)

Or maybe because the many subtle signs that accumulate over the years are easily mistaken for other conditions. Either way, even if toxic metals were implicated in your cancer, high cholesterol, or arthritis, your options for treatment are limited—and sometimes even dangerous.

Intravenous chelation (the only universally accepted method of heavy metal removal) is a complicated and expensive process that's only considered worthwhile in cases of acute poisoning. This type of treatment is available only at specialty clinics, and employs the use of harsh chemical agents that can come with substantial side effects—including the depletion of essential trace minerals like iron, copper, and calcium.

You can see now what makes the introduction of PectaSol Chelation Complex so timely. It's poised to change the role of chelation in the treatment of chronic disease—while increasing your chances for recovery from any illness in the process.

### The cancer-killing combo that binds and banishes toxic heavy metals

To learn more about this new application of MCP, I contacted the man behind the PectaSol line of products, Dr. Isaac Eliaz. As he explained it, MCP's powers are actually two-fold—and its function as a potent natural chelator is entirely separate from its function as a cancer killer (although the two most definitely go hand in hand).

MCP belongs to a class of complex polysaccharides called polyuronides. And its molecular

structure is the key to PectaSol's ability to bind to and eliminate heavy metals. In solution, it forms what is called an "egg box," in which long negatively charged fiber chains stack together in groups that create pockets.<sup>1</sup> Positively charged metal cations are attracted to these chains, and are loosened from your soft tissues. They then become trapped in the pockets of the "egg box" where they can be excreted from your body—but with even greater effectiveness than other forms of treatment.

That's because one of the main obstacles in most chelation therapies arises in the digestive tract. Even when a particular agent has managed to loosen and bind toxins from your tissues, more often than not, this process is nullified in your intestines, where the heavy metals are easily reabsorbed. The only way to prevent this is to somehow block reabsorption so that all of the toxins can be eliminated along with your body's waste.

This is exactly what moved Dr. Eliaz's attention to alginates, another group of polyuronides extracted from a specific form of brown seaweed. (Incidentally, this same substance is also rich in fucoidan—another potent cancer-fighter we told you about back in 2002.) Historically, alginates have been used to treat acute radiation poisoning and to clear polluted waterways.<sup>2</sup> Like MCP, their structure enables them to trap heavy metals in pockets—and by pairing the two in combination, the reabsorption of these toxins is prevented.

Just as important, however, is that neither of these components will bind to essential minerals—meaning that you won't be risking deficiency during treatment. And because it works to loosen heavy



metals from tissue and bone in a much more gradual manner, the treatment's safety is as certain as its efficacy.

But you don't need to take my word for it—because this is one natural treatment with hard clinical evidence on its side.

### **Toxic loads slashed by 74 percent—reversing IBS, depression, and even cancer**

Research documenting the effects of chelation on the clinical outcome of five different patients *is due to appear* in a German peer-reviewed medical journal just this month. Dr. Eliaz is among the study's authors—and as you might have guessed, the chelating agent used in these five case studies was either MCP alone, or MCP in combination with alginates.

This is the first ever report of its kind. And it goes without saying that the results—even for a small study—are compelling. Here are the highlights:

- A 59-year-old male with a prostate cancer diagnosis and a suspected history of metal toxicity began a combined regimen of MCP treatment including PectaSol Chelation Complex (PCC). At three months, his lead level decreased 49 percent. His PSA dropped from 102 to <0.1, where it has remained for over 18 months. No adverse effects were reported.
- A 64-year-old female with potential toxic metal exposure and a history of anxiety and depression began treatment with PCC. At two months, her lead levels decreased by 100 percent and her mercury levels decreased by 83 percent. Her symptoms improved during treatment, and she reports that

they remain resolved. No adverse effects were reported.

- A 67-year-old male with a 25-year history of prostatitis and prostate enlargement (including frequency and discomfort) and other symptoms including fatigue, chronic loose stool, asthma, and allergies began treatment with PCC. At nine months, his mercury levels reduced by 80 percent. During this time, his symptoms also stabilized dramatically, resulting in regular bowel movements, an improvement in asthma and allergies, and a PSA drop from 5.5 to 3.84. No adverse effects were reported.

- A 45-year-old male with symptoms of adrenal fatigue (including low cortisol levels, non-restorative sleep, and inability to gain weight) began treatment with PCC. At seven months, his mercury levels dropped by 58 percent. He has since gained 10 pounds and experienced marked improvements in energy and sleeping patterns. No adverse effects were reported.

- A 57-year-old male with suspected mercury exposure and a decade-long history of headaches, constipation, IBS, elevated liver enzymes, and a family history of Alzheimer's disease began treatment with MCP. After 12 months, his mercury levels decreased by 73 percent—and his symptoms subsided. As with each of the four other patients, no adverse effects were reported.

To sum it up, every single patient saw a significant decrease in both clinical symptoms and toxic metal load. In fact, for the six metal levels measured, the total reduction averaged out to a whop-

ping 74 percent.<sup>3</sup>

### **Detoxify for good with just two capsules a day**

The larger reach of these case studies is as plain as day. They don't just prove the effectiveness of PectaSol Chelation Complex against toxic loads of heavy metals—they also establish a very clear connection between *prolonged* exposure to these toxins and the development of disease (one that, as I mentioned earlier, has been dismissed as myth by much of the medical mainstream).

Fortunately, the clinical reports also show that these symptoms can be reversed—not only effectively, but gently, safely, and without side effects, too.

PectaSol Chelation Complex is available through Econugenics, Inc. To start, you should take 2 to 3 capsules twice a day on an empty stomach for at least one month. And while heavy metal testing isn't a requirement before starting treatment with PectaSol, a maintenance dosage may be.

One patient in the above clinical study saw his mercury load increase (and consequently, his symptoms return) when he stopped taking PectaSol Chelation Complex—which suggests that his exposure to heavy metals was ongoing. And depending on your environment, you could be vulnerable too—whether you realize it or not.

Luckily, both MCP and alginates are safe for long-term consumption. If your symptoms return, or if you think you might be facing constant exposure to heavy metals, you should continue with a maintenance dosage of 2 capsules per day. In fact, since most of us are constantly bombarded with heavy metal exposure, Dr. Eliaz

(continued on page 8)



# Survive deadly staph outbreaks with a few secret cures from the Amazon jungle

by Alicia Potee

Leslie Taylor couldn't have called at a better time.

For the last couple of weeks, I haven't been able to turn on the television, flip through the paper, or browse a single news website without stumbling on another panicked report about the killer staph infection known as methicillin-resistant staphylococcus aureus—called MRSA for short.

The most recent of these I heard just last night: Pets can pass the deadly bacteria on to humans,

too. (That's right... it seems even Fido isn't safe these days.) And despite the fact that the media will have soon moved on to the "Next Big Story" the threat of antibiotic-resistant *anything* will still be as dangerous as ever—especially now that it's made its way from the hospital into your very own home.

Just last year I told you how a special honey from New Zealand can wipe out antibiotic-resistant infections like these (check out your January 2007 issue for a

refresher). But the caliber of recent outbreaks served as a pretty stark reminder that you'll need more than one cure in your arsenal if you're going to keep yourself and your family safe.

And that's exactly why I was so happy to hear from Taylor. As our resident rainforest-trekker, she's delivered more than her share of breakthrough cures.

During our conversation, she explained some of the causes behind this deadly phenomenon. She also had a few ideas about how you can survive it. So I wanted to share them with you—along with a few natural weapons that you really can't afford to be without.

## The rainforest: nature's medicine cabinet

Doctors and scientists have known for a long time that bacteria, viruses, parasites, fungi and other disease-causing microorganisms can eventually adopt defense mechanisms against prescription drugs. In fact, more than one dangerous microorganism has mutated this way already.

The common staph bacteria has gone through so many mutations over the last 30 years that *many* different strains are now completely resistant to the eight big-name antibiotic drugs that were once effective against them. And it's not just staph—there are also at least three new strains of malaria that have *mutated*, *all of* which are completely resistant to our gold-standard antimalarial drugs. Hepatitis is another virus that's continued to mutate into new types and subtypes, against

## Your weapons in the war against modern "superbugs"

Laboratory researchers have identified the following rainforest plants (and/or their chemical constituents—mostly through preliminary in vitro analysis) to possess antimicrobial actions. For more information about these powerful rainforest plants and the research conducted on them, you can check out the Tropical Plant Database on Raintree's website.

**Antibacterial:** ajos sachá, amor seco, anamu, andiroba, avenca, bellaco caspi, bitter melon, Brazilian peppertree, cat's claw, clavilla, copaiba, cumaseba, embauba, erva tostão, fedegoso, gervão, guacatonga, guaco, huacapu, macela, matico, mullaca, mulungu, mutamba, pau d'arco, picão preto, sangue de grado, sarsaparilla, simarouba, tamamuri, ubos, and vassourinha.

**Antiviral:** ajos sachá, amargo, anamu, bitter melon, Brazilian peppertree, carqueja, cat's claw, chanca piedra, clavilla, erva tostão, huacapu, iporuru, macela, matico, mullaca, mutamba, pau d'arco, picão preto, sangue de grado, simarouba, ubos, and vassourinha.

**Anticandidal & Antifungal:** anamu, avenca, bellaco caspi, Brazilian peppertree, clavilla, copaiba, cumaseba, guaco, jatoba, matico, mulateiro, pau d'arco, picão preto, piri-iri, sangue de grado, tamamuri, ubos, and vassourinha.

**Antiparasitic & Antiprotozoal:** amargo, anamu, andiroba, bitter melon, boldo, carqueja, epazote, erva tostão, fedegoso, graviola, guaco, huacapu, piri-iri, quinine, simarouba, tamamuri, and ubos.



which our best antiviral drugs are largely ineffective.

This phenomenon is one among many that make the rainforests of the world so important—they're crucial (and virtually inexhaustible) resources in the search for new antimicrobial drugs to combat these mutations. And the reason is simple: These jungles hold the highest number of novel and diverse chemicals on the planet, hands down.

Acre for acre, there are more species of plants, animals, insects—and even microbial species like bacteria, fungi and viruses—than anywhere on earth. And while they only take up a mere 6 percent of the earth's surface, researchers estimate that half of the planet's species live in these jungles. In fact, it's this crowded environment that makes the plants that grow here so valuable.

As I mentioned earlier, all living things—from bacteria to viruses to humans—have survival instincts. It's written in their cellular makeup. Extremely mobile species like humans, animals and insects, know to "flee, fight, or hide" in the face of a threat. In the same way, bacteria and viruses have *learned to flee or hide from the* immune cells and chemical agents attacking them—or to fight them, through mutation.

Plants, on the other hand, aren't able to flee from danger. Being rooted in the ground, their survival instincts are controlled by complex and elaborate chemical defense mechanisms instead. And the more predators a plant has, the more defense mechanisms it creates.

Think about it: Rainforest plants are in a constant battle for survival in an environment that is

constantly evolving. From the soil-borne root-rot (a virus) that attacks tender herbaceous plants, to the fungi and mold that smothers the life out of huge canopy trees—or even the incredible amount of insects that devour any defenseless leaf in the forest—these plants have learned to adapt by creating powerful chemical defenses against attack. It's the only way to survive.

This same rich arsenal of chemicals hides a goldmine of potent antibacterial, antiviral, anti-fungal, anti-parasitic, anti-mold and insecticidal agents. They're there to protect the plant. But more often than not, they can protect you, too—against just about any microscopic "predator" you can imagine.

But this is one case where the whole is greater than the sum of its parts. Pick these plants apart in the lab, and you might not get quite what you were hoping for.

### Modern medicine creates a monster

Out of the thousands of phytochemicals native to each rainforest plant, at least a handful of the highly active ones will be harvested and used to protect humans and animals from disease-causing organisms. But that's precisely where the problem begins.

Isolating and replicating a single chemical in a laboratory makes it easier for disease-causing microorganisms to mutate in an effort to become resistant to it. But it would be a whole lot harder (and would take that much longer) for the same microorganism to create a defense mechanism against numerous different chemicals at the same time. Unlike

(continued on page 6)

### And another thing...

...Risk of colorectal cancer drops as garlic intake increases, according to an Australian examination of 10 years of garlic studies. A meta-analysis that included seven of the studies revealed a colorectal cancer reduction of 30 percent. Five studies showed that either raw or cooked garlic offered protection, and one study that assessed aged garlic extract showed that the garlic reduced the size and number of colon adenomas in colorectal cancer patients by 29 percent.

...What's that? You've had a couple of drinks? If so, you might have a little trouble hearing me. According to a UK study, alcohol intake may temporarily reduce hearing. Based on the phenomenon that alcohol increases tolerance to loud noise, researchers tested hearing in 30 subjects before and after they were *given* alcoholic beverages. Results showed that older subjects and those with a history of heavy drinking experienced the most significant hearing loss. Each of the subjects' hearing levels returned to normal one week after the study.

...If you don't catch enough Zs, your heart may suffer. Research from the UK that examined 20 years of medical records and sleep habits for more than 10,000 civil servants showed that seven hours of sleep is just right for most of us, while five hours per night increases the risk of death associated with heart disease. But too much

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## Rainforest cures

(continued from page 5)

a single chemical drug, a single medicinal plant can contain up to 400 different chemicals or more—many of which have active biological properties.

And for that very reason, these complex plants—in their pristine natural form—might be the answer that's been under modern medicine's nose all along.

Here's an example: Taylor told me about a dysentery remedy crafted by a rainforest shaman, which scientists evaluated a few years back. It was a crude plant extract that contained a total of seven plants.

When the seven different plants in this remedy were analyzed, at least 12 different known antibacterial chemicals, 5 anti-amoebic chemicals, and 7 anti-parasitic chemicals were found between all the plants in the shaman's formula. Of the 12 different antibacterial chemicals in the extract, there were at least 5 different biological pathways of action that the chemicals used to kill bacteria.

Obviously, shamans don't have the ability to send blood or stool samples to a laboratory to find out which specific organism is causing the dysentery in his village. (And remember—a dysentery diagnosis in the Amazon could be attributed to any number of different bacteria, amoebas, and even parasites thriving in communal food and water

supplies.) Instead, the shaman's methods reflect his materials—and ultimately, he didn't really *need* to know which microorganism was the culprit.

Simply by mixing together a few of the right plants, this shaman was able to harness the power of several thousand individual chemicals—31 of which could actively attack the main microbes that were the most likely causes of dysentery. Needless to say, his approach was effective.

### Four potent formulas fight off even the deadliest infections

So what does all of this have to do with MRSA infections? Well, imagine for a minute that this particular dysentery microbe was an easily-mutating bacteria like staphylococcus instead. How likely would it be that this one organism could survive long enough to create a defense against 12 different antibacterial chemicals attacking it in at least five different ways all at once?

Easy answer: Not very likely at all.

The fact is, these drug-resistant strains of bacteria were caused by the very synthetic chemicals that were engineered to treat them. And that's one reason why these "superbugs" are noticeably more prevalent in first world nations like the United States (the same ones that regularly employ single-chemical antibiotics) than they are in poor tropical countries where mainly plant-based reme-

diies are used.

As more of our gold-standard drugs become less effective to newly developing strains of drug-resistant bacteria, viruses, fungi, and parasites, Taylor predicts that we'll be seeing a lot more interest in (and research on) medicinal plants, herbal-based drugs, and other traditional remedies. And as she points out, the bulk of this research will begin in depths of the rainforest.

In the meantime, there's no reason for you to wait for the mainstream to catch up with what Mother Nature has known for centuries. Not when you have access to this goldmine of powerful cures right now. I've included a comprehensive list of rainforest plants that have all been identified as possessing potent antimicrobial abilities (see the sidebar on page 4).

Taylor has combined the most potent in each category (antibacterial, antiviral, antifungal, and antiparasitic) and formulated them into four different products: Amazon C-F (to fight bacterial infections), Amazon A-V (to fight viruses), Amazon A-F (to fight fungal infections), and Amazon A-P (to fight parasitic infections). All four of them are worth stashing away in your medicine cabinet—because when modern medicine fails yet again, they just might be able to save your life.

You can find ordering details for these formulas in the Member Source Directory. **HSI**

**Visit HSI's brand-new blog, On The Spot, at [www.HSIBaltimore.com](http://www.HSIBaltimore.com).**

HSI reporter Michele Cagan chimes in with her timely, sometimes irreverent, but always relevant look at critical health issues, the lies we're told by the business of conventional medicine, and the natural cures that get covered up.



# The dangerous link between gum disease and dementia

by Jenny Thompson

From the HSI e-Alert (9/18/07)

If you wanted to conduct a study to examine a possible link between periodontal disease and increased risk of Alzheimer's disease, how could you design your research to match good dental hygiene to cognitive function?

One team of researchers came up with a novel solution: Twins!

## Twins not in tandem

Last month, researchers gathered in Washington, D.C., for the first Alzheimer's Association International Conference on Prevention of Dementia. One of the most intriguing presentations came from a University of Southern California (USC) team, in conjunction with researchers from Sweden's Karolinska Institute.

Scientists know that Alzheimer's may be passed along through genetics. Studies have shown that when one twin has AD, the chance that the other twin will develop the disease is quite high: around 60 percent. In the USC study, researchers examined data for 10,000 sets of twins enrolled in the Swedish Twin Registry. About 40 years ago, participants in the registry completed questionnaires that included detailed dental data. The questionnaire information was examined along with follow up medical records.

The USC team found 109 instances where one twin was diagnosed with dementia and the other wasn't. Those with Alzheimer's were four times more likely to have developed periodontal disease in middle age compared to their twins.

Margaret Gatz—the lead author of the study and a psychology

professor at USC—told *Medical News Today* that the study doesn't translate into the simplistic advice that flossing may prevent Alzheimer's. Rather, the results indicate that an "inflammatory burden" on the body may play a significant role in triggering the genetic inclination to develop Alzheimer's.

Other dementia risk factors were examined in this study, including level of education, stroke, participation in mentally stimulating activities and exercise in midlife. Twins with less education and twins who had experienced a stroke were at higher risk of developing Alzheimer's. Inflammation has previously been shown to raise stroke risk.

## The sunlight connection

Brushing and flossing teeth daily will help prevent gum disease. And while this regimen may not actually prevent Alzheimer's, it does address inflammation. But there's something else you can do to help keep inflammation at bay.

In the e-Alert "Take The D Train" (9/15/04), I wrote about a Tufts University study in which blood tests and dental data on more than 11,000 subjects were examined. Researchers were looking for blood serum concentrations of vitamin D and the incidence of periodontal attachment loss. Results showed a significant association between low levels of vitamin D and an elevated risk of tooth loss due to periodontal disease.

These results are confirmed by two studies cited by John Jacob Cannell, M.D., in an article

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## And another thing...

(continued from page 5)

sleep can also cause health problems. In subjects who regularly slept in excess, risk of untimely death due to various factors (not just heart disease) was elevated.

...Stress has been linked to a variety of health issues, and researchers in the UK have added breast cancer to that list. When health records for more than 36,000 Swedish women (aged 30 to 50) were tracked for 15 years, the UK team found that women who said they were unable to cope with stress in the workplace had a 30 percent increased risk of breast cancer compared to women who said they felt in control of work-related stress.

And, in case you didn't see it in the e-Alert...

...Take some calcium, add some vitamin D, and you get healthy bones. But how much of each of these nutrients is required daily to be effective? The answer comes from a new study that reviewed nearly 30 trials involving more than 63,000 subjects over the age of 50. Results showed that subjects who stuck to a regimen of 1,200 mg or more of supplemental calcium per day and 800 IU or more of vitamin D per day significantly reduced their risk of osteoporotic fractures compared to subjects who received lesser amounts of the two nutrients.

...For stronger muscles, a little selenium might help. Researchers in Florence, Italy,

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## And another thing...

(continued from page 7)

recruited more than 890 older subjects who participated in muscle strength tests after giving blood samples. When samples were compared to test results, subjects with the lowest selenium levels were found to be about two times more likely to have poor muscle strength compared to subjects whose selenium levels were highest. The body converts selenium into proteins that help prevent cell damage.

...While preparing for surgery, a little hypnosis might make you more than just sleepy, verrrrrry sleepy. Researchers recruited 200 women who were about to undergo breast cancer surgery. Half of the women were assigned to speak with a psychologist one hour before surgery, while the other half received hypnosis along with suggestions about relaxation, and reduction of pain, fatigue, and nausea. Results showed that women in the hypnosis group experienced less pain, fatigue, nausea, and emotional distress compared to the women who didn't have hypnosis.

To your good health,



Jenny Thompson, Director  
Health Sciences Institute

**For FREE access to urgent health information and Health e-Alerts**, visit our website at [www.HSIBaltimore.com](http://www.HSIBaltimore.com) today to enroll—absolutely FREE.

## PectaSol Chelation Complex

(continued from page 3)

recommends continuing treatment at this maintenance dose on a long term basis.

Lastly, while there aren't any known drug interactions with MCP

or alginates, you should still be sure that you take PectaSol Chelation Complex at least two hours before or after any other medications. Dietary fibers like these can bind to drugs in your body and affect their absorption. **HSI**

Citations available upon request and on HSI website

## vitamin D

(continued from page 7)

that appears on Dr. Joseph Mercola's website. Dr. Cannell featured a study from Belgium in which low doses of vitamin D supplements lowered the levels of two inflammatory markers (including C-reactive protein) in critically ill patients. In the second study, British researchers demonstrated an association between inflammation and vitamin D deficiency in more than 170 healthy adults.

In the e-Alert "No Shrinking Violet" (6/14/05), I explained how a

moderate amount of sun exposure each day prompts your body to produce vitamin D. This is the best source of the vitamin, but it's also available from food sources such as salmon and sardines, or cod liver oil, which provides more than 1,300 IU of vitamin D per tablespoon.

If you've been diagnosed with periodontal disease, or if you're currently undergoing treatment for it, share this information about vitamin D with all of your healthcare providers: physician, dentist and periodontist. **HSI**

## MEMBER SOURCE DIRECTORY

**PectaSol Chelation Complex**, Econugenics, Inc., Ph. (800)521-0160, [www.econugenics.com/chelation](http://www.econugenics.com/chelation). As part of a special buy three get one free offer, four 60-count bottles (a one-month supply of loading dose and a two-month supply of maintenance) cost a total of US\$89.95. A free chelation e-report will also be available for HSI members at [www.econugenics.com/chelationreport](http://www.econugenics.com/chelationreport).

**Amazon C-F, Amazon A-V, Amazon A-F, and Amazon A-P**, Rain-tree Nutrition, Ph. (800)780-5902 or (775)841-4142 (8 am to 5 pm PST), [www.rain-tree.com](http://www.rain-tree.com). One bottle of 120 capsules costs US\$29.95. One 2-ounce bottle of liquid extract or topical costs US\$21.95. Mention that you're an HSI member to receive an exclusive 15% discount.

**UPDATE:** For members interested in placing online orders for the Magnetico Sleep Pads featured in the November issue of the HSI *Members Alert*, the new website is <http://magneticbedfellows.com>.

## HSI website log-on info (DECEMBER):

**Username:** december **Password:** therapy

Please note: HSI verifies all product information when the Members Alert is written; however, pricing and availability can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide.

The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



# HSI HEALTH SCIENCES INSTITUTE

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*The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.*

Dear HSI Member,

Almost every day, I receive word of a new discovery from the massive HSI network spread out across the globe. In fact, packages stamped "Alaska," "Thailand" and "Brazil" are sitting on my desk right now.

But for every life-saving cancer fighter or diabetes cure, we *uncover* dozens of great natural remedies for those "nuisance" conditions that might not be deadly, but have a very real impact on the quality of your life. We're finding effective natural solutions for everything from dandruff to toenail fungus... and we'd love to tell you about each one.

With only one *Members Alert* a month, however, our space is limited. So if we're choosing between telling you about the discovery of a rare mushroom that blasts cancer cells into oblivion or an herb that helps clear up a rash, the cancer-killing mushroom is going to win out...every time.

And with the exciting breakthroughs we're working on right now (look for them in your upcoming *Members Alert* newsletters), we can't risk using up the space in your monthly issue on anything less than earth-shattering.

So rather than let the pile in the corner of my office continue to grow, I realized there was one way to let you know about those things we've been bumping out of the issue each month: **A free bonus issue.** That way, you won't miss a thing, while we can continue to deliver the very best life-saving cures in each regular issue of your *Members Alert*.

I hope you enjoy learning about the unique natural products in your special bonus issue. It's just one more way we follow through on our promise to keep you informed.

To Your Good Health,



Jenny Thompson

Director, Health Sciences Institute

P.S. When I say "free," I mean it. Some publishers develop bonus issues and then charge you for them or cut your subscription short. Not at HSI. You'll still receive the *Members Alert* every single month remaining on your membership.

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### Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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## Put an end to burning, painful bathroom trips with this breakthrough natural formula

by Alicia Potee

If you've been there even once, you're not likely to forget the tell-tale signs: the burning, the pressure, and the constant urgency of a ready-to-burst bladder.

It's pretty amazing how easily you can take the ability to urinate effortlessly for granted. And usually, it's not until you see this simple and natural bodily function become increasingly difficult—maybe even painful—that you really realize just how nice an uneventful trip to the bathroom is.

Maybe you've already tried every imaginable way to keep your urinary tract in tip-top shape naturally. But if none of it has really worked until now, I'm happy to tell you about a brand-new solution that's just hit the market—and it's unlike any other formula out there.

UtiLogic is another breakthrough formula from BioLogic Health Solutions—the same Australian company who brought you two cutting-edge formulas I've already shared with you in the last year or so, ProstaLogic (now available as ProSense) and UroLogic. And with a track record like theirs, you can be sure of one thing: When it comes to natural solutions for keeping your bladder healthy, they know their stuff.

### The bacteria-fighting superfruit with science on its side

When you find yourself dealing with painful bathroom trips, I'd be willing to bet that cranberry is the first thing you reach for. And if so, you'd be absolutely right—cranberry is probably the

single most powerful tool at your fingertips when it comes to keeping your urinary tract healthy.

The fact is, chugging cranberry juice is far from an old wife's tale. Dozens of studies have emerged documenting the health-boosting ability of this single fruit—with a special focus on its unique and unmatched antibacterial properties, *specifically in your bladder*. And this is important—because that trademark pressure, painful burning, and relentless urgency can always be traced back to bacteria.

Like many other superfruits, cranberry is rich in antioxidants (called proanthocyanidins—the same powerful molecules that give the berry its bright red color). But pure cranberry also produces a special compound that acts as a barrier for the mucosal lining of your tissue—and by doing so, it helps to keep those trouble-causing bacteria from lingering in your bladder and urinary tract.

So the more pure juice you drink, the more bacteria you flush out of your system. Unfortunately, though, it sounds a lot simpler than it actually is—and you're probably all too aware of the drawbacks of this natural approach.

Pure, 100-percent cranberry juice is near impossible to get in the quantities that you need to keep out troublesome bacteria. All too often, you'll find it *hiding* in the guise of a "cocktail" drink—laden with sugar, and all the calories that come with it. Not only is all that sugar unhealthy, but the amount of juice you'd have to



## UtiLogic

(continued from page 1)

drink is just plain impractical.

Finding cranberry in a whole-food supplement form is hands down your best bet, since it delivers all of the fruits best benefits, *without* any of the sugar or hassle. And that's just what UtiLogic delivers. But this isn't just any old cranberry supplement—and there's a lot more to it than what you'll find on the shelves of your local grocery store.

### Soothe your bladder from 4 different directions

You've probably discovered the hard way by now that a urinary tract that's clear and healthy for good can't always be secured by cranberry alone. And when it can't, you could be stuck yet again with seemingly endless days and nights of waiting for that first painless and productive trip to the bathroom.

Fortunately, the developers at BioLogic know that sometimes, this waiting is the worst part—and they decided to *address it*, head on.

The whole cranberry you'll find in UtiLogic is part of a powerful natural trio of bladder-soothing ingredients. A special patented form of *Crateva nurvala* (a powerful Ayurvedic herb) and horsetail (*Equisetum arvense*) act in tandem to offer you immediate comfort, while the potent cranberry extract works behind the scenes.

*Crateva* has a centuries-long history in the herbal maintenance of bladder health—it also *strengthens and tones* your bladder, giving you better control and helping to eliminate any chance of "accidents." At the same time, horsetail acts as an astringent in

your urinary tract, while soothing the mucosal lining and relaxing your bladder walls to reduce spasms. And what that could mean for you is easier, less frequent trips to the bathroom.

Rounding out this trio are healthy doses of ascorbic acid and magnesium phosphate. These two nutrients work in tandem to alkalinize your urine—reducing this acidity also cuts down on irritation in your urinary tract, along with the burning and pain that accompany it.

Even so, urinary discomfort like this can be stubborn. And a truly quality formula will help keep the root of the problem at bay for good. So in order to test UtiLogic's mettle over the long haul, BioLogic submitted their formula to a 12-month clinical study.

Fortunately for them—and for you—the results were overwhelmingly positive.

### Clinically-proven keep you comfortable for good

In a small clinical study performed by researchers in Brisbane, 16 women with a history of frequent urinary issues were given UtiLogic as part of their daily supplement regimen. (The majority had at least three to five episodes of urinary discomfort in the previous twelve months.) Their results were collected for a total of 12

months of use. Participants ranged in age from 21 to 66 years, with an average age of 42. Half of them were also taking other supplements—including multivitamins and fish oil.

After just three months of taking UtiLogic, the results were already apparent. Of the 16 patients, 10 had reported a protective effect, with no incidents of *discomfort* reported. And these positive results carried over into month 12, with 5 women reporting significantly reduced discomfort—and 5 more reporting complete relief. That's a total of 62 percent of the total participants reporting a positive effect from their supplementation with UtiLogic—well over half.

It's true that this is a small study. But it still drives home a pretty compelling conclusion: Daily use of UtiLogic can serve as effective natural protection for your urinary tract health—regardless of your age, and without any side effects.

This formula is available exclusively from BioLogic Health Solutions—so U.S. sources for this new product are scant at this point. But, along with several of BioLogic's unique breakthrough formulas, UtiLogic is available to you right now through NorthStar Nutritionals. You can find ordering details in the Member Source Directory. **HSI**

### Now you can get even more vital commentary on today's most pressing health concerns.

Visit HSI's brand-new blog, *On The Spot*, at [www.HSIBaltimore.com](http://www.HSIBaltimore.com). HSI reporter Michele Cagan chimes in with her timely, sometimes irreverent, but always relevant look at critical health issues, the lies we're told by the *business* of conventional medicine, and the natural cures that get covered up.



# This nutrient-packed effervescent formula helps you save your muscles—without breaking a sweat

by Alicia Potee

Strong muscles can save your life—literally.

I know this might sound like an exaggeration to you. But before you *assume* I've lost my mind, consider these two facts: Past the age of 45, you lose about 1 percent of your muscle mass *every year*. Around the same time, a hard fall begins to move to the top spot on your list of potentially life-threatening injuries.

Coincidence? Not a chance. It may look great, but a buff body isn't *just* for show. It also means better balance—and a significantly lowered risk of falls.

I probably don't have to spell it out for you again, but the point bears repeating: Muscle strength leads directly to a longer, healthier life. And that's exactly why I'm always on the lookout for an easier, safer, and *less expensive* way for you to keep what you've got.

Ultimate Bionic Plus isn't exactly what you're going to find lining the duffle bags of your typical gym crowd. But you *shouldn't* have to follow crazy fads, drop \$100 a month on an overpriced membership, or throw out your back trying to keep up with a bunch of 20-year-olds to keep your muscle mass intact.

And the truth is, you don't have to—not when you have the right combination of nutrients working on your body from behind the scenes while you exercise.

## Restore your ATP supply and maximize your muscles' power

Chances are good that you've heard of creatine before. Your liver generates this organic compound

from three key amino acids: arginine, glycine, and methionine—and you'll also find it in proteins like meat and fish. Supplies of creatine (about 95 percent of your body's total stores, actually) remain in your muscle tissue where it can easily convert into adenosine-tri-phosphate (ATP).

I've talked about ATP before, but just to refresh your memory, let me explain why it's so important. ATP is what gives your body energy on a cellular level—and in this case, to your muscle cells. Your body needs ATP to support the quick bursts of strength you require in sprinting or heavy lifting.

Once it's exhausted, however, your muscles will simply give out—and unfortunately, your body's supply of ATP can be exhausted very easily. (On average, your stores of ATP will only sustain about 10 to 15 seconds of maximum exertion.) And this is when creatine arrives on the scene.

It replenishes your body's source of ATP, helping to support longer and more powerful bursts of strength—meaning that your muscles give you more when you need them the most. In fact, dozens of clinical studies have shown that supplementing with creatine every day can enhance your muscle mass and strength—helping you to get more out of even your shortest workouts.

That's precisely why you'll find this compound in virtually every “muscle-building” supplement out there. So why not just grab any product with creatine you can find on the shelves of your local vitamin shop? Well, as with most products, moderation is key—and

more isn't always better.

A lot of popular creatine supplements deliver as much as 10 grams of the compound in each serving. But studies show that as little as 2 grams can deliver noticeable results. In fact, if you have too much creatine in your body, your liver and kidneys will simply convert it into waste (called creatinine) and excrete it. This kind of dumping can *tax your organs*—so the less it happens the better.

Fortunately, Ultimate Bionic Plus contains only this clinically relevant dosage of creatine: 2 grams—no more, no less.

## Supporting amino acids scientifically proven to boost your strength

Along with creatine, this muscle-building formula includes the help of two essential amino acids: taurine and betaine. Both of them complement the strengthening power of creatine—and both of them are absolutely vital to the maintenance of your entire vascular system.

Taurine can be synthesized in your body (from methionine and cysteine), but the best way to get it is in its already-formed state—like creatine, it's most abundant in protein sources like meat and fish. And since taurine plays a role in so many of your most critical bodily functions (like regulating your heartbeat and maintaining normal brain activity, to name a couple) it's essential that you get the right amount every day.

In fact, one study showed that mice with depleted levels of taurine performed at only 20 percent of their full capacity. Assuming the same holds true for humans,



supplementing with this amino acid could actually help to boost your fitness level by up to 80 percent over time. And further research shows that it can help to protect you from muscle injuries in the process.

Betaine is also necessary for a lot of the same basic functions as taurine—like regulating your cardiovascular system and maintaining normal cell metabolism. Several studies have demonstrated a link between betaine supplementation and improved fitness, energy, muscle recovery, and strength—partially because of its ability to help your body synthesize creatine (the first ingredient I told you about).

But as an added benefit, betaine is also protective of your liver—and it can help to lower levels of homocysteine (a major known risk factor for your heart health).

Combined, this trio of amino acids forms a barrier against injuries and supports stronger, more resilient, and faster-forming muscles. But in order to truly maximize the benefits of these three compounds, you'll need the help of a few essential nutrients, too.

### **Comprehensive nutrition that's easy to swallow**

Ultimate Bionic Plus includes four additional vitamins and minerals—each of which enhance the muscle-building power of amino acids by recharging fatigued vascular cells and reducing the painful cramping that comes along with undernourished, worn out muscles.

Vitamin D and calcium come as a pair—without vitamin D, calcium can't be absorbed by your body. And without calcium, your teeth, bones, heart (and every other muscle in your body) would all be

in jeopardy. Both separately and together, these two vitamins help to regulate your heartbeat, boost the transmission of neural signals, and stimulate muscle growth while helping to curb cramping.

Potassium and magnesium are also included in Ultimate Bionic Plus—and they work in very similar ways. Both minerals help to stave off leg and muscle cramping, while facilitating nerve transmission and a steady heart rhythm. Potassium also works in concert with sodium to keep your body's water balanced—a major element of heart and general muscle health. In short, both minerals are essential to every aspect of muscular functioning—and your risk of deficiency steadily rises as you age.

Ultimate Bionic Plus is available now through Real Advantage Nutrients—and you won't find a product like this anywhere else. They've employed a cutting-edge effervescent delivery system that guarantees that your muscles will get the most out of the formula's comprehensive nutrition (no "horse pills" required). Just mix each packet with six ounces of water and allow it to dissolve completely.

And don't worry—the formula's orange flavor also guarantees that sipping on Ultimate Bionic Plus is a surprisingly pleasant experience, without any bitter taste. But there is one word of caution: It can sometimes cause stomach upset or loose stool, so make sure you always take it with food. If you still experience stomach upset, you should mix the formula with extra water—and continue to drink plenty of water throughout the day. **HSI**

### **And another thing...**

...Cancer may be prevented by simply getting the right amount of sleep. According to Professor David Spiegel of Stanford University, the proper amount of sleep promotes hormonal balance, which plays an important role in regulating the immune system. Mice studies have already shown that tumor growth is accelerated when sleep rhythms are disrupted.

...Women who drink coffee throughout the day do not put themselves at higher risk of developing rheumatoid arthritis (RA), according to a 20-year study of more than 80,000 women. Tea and other caffeinated beverages were also shown to have no effect on RA. But smoking did. Results showed that heavy smoking may increase RA risk.

...Most arthritis patients who took daily cod liver oil capsules in a UK study were found to have significantly reduced levels of enzymes associated with cartilage damage. Enzymes that have been linked with joint pain were also reduced. Previous studies have shown cod liver oil to be effective in slowing the destruction of joint cartilage in osteoarthritis patients.

...Vitamin K intake has been shown to help prevent osteoporosis and arteriosclerosis (hardening of the arteries). Now a new study from Japan shows that vitamin K may also offer prevention against liver cancer in patients with viral cirrhosis, a debilitating liver disease associated with hepatitis C,

*(continued on page 7)*



# Eat more of what you want—without paying the price—thanks to this 4-in-1 first-aid kit for your gut

by Alicia Potee

The holidays do a serious number on your stomach—and seeing as how we're all smack-dab in the middle of the season, I'd be willing to bet that at least one episode of bloating, gas, indigestion, or constipation has reared its ugly head in recent days.

I don't have to tell you that these digestive issues can happen—and I also don't have to tell you that safe and sensible solutions for these concerns can be very hard to come by.

The bottom line: Something as simple as easing a sour stomach or helping to ensure regular bowel movements shouldn't be so complicated. And you shouldn't need to buy a million different pills, bottles, or fizzy drink tabs just to eat your favorite food. In fact, there's a way that you can get crucial support for every gut-related function imaginable—in just four products, all in *one* place.

The Digestive Wellness System is a new set of all-natural formulas that soothe and protect every part of your digestive system—safely and without damaging side effects. And here's the best part: All four of these products come in a single comprehensive kit—meaning that you'll never find yourself running out to the store in the wee hours of the night again.

## Burnt veggies can help you beat your bloat

There's nothing glamorous or fancy about the ingredients you'll find in this system—instead, you'll find time-tested herbs crafted together to form high-quality, effective proprietary blends: One for gas and bloating, one for

backed-up bowels, one for acid and occasional upset stomach, and one for overall detoxifying. (Needless to say, all of them will come in handy at one point or another.)

Digesulin is the first of these—a blend of seven herbs designed to help relieve embarrassing gas and bloating *quickly*.

You see, the gas in your intestines is made up of several vapors—carbon dioxide, oxygen, nitrogen, hydrogen, and occasionally methane. (Incidentally, these vapors are usually odorless—any smell comes from fermenting food particles, and the sulfur that they emit.) Everyone has these gases—but if you eat too fast, swallow too much air, or eat a certain food or high-fat meal that simply doesn't agree with you, things can start to get uncomfortable.

That's exactly why vegetable charcoal was chosen as Digesulin's key ingredient. But while it may seem like an unlikely choice at first glance, don't be fooled—this charcoal is obtained by charring vegetable tissue, a process that creates a byproduct with strong gas-reducing powers. In fact, charcoal has actually been helping to soothe stomachs and combat gas for centuries—its first clinical applications date all the way back to the early 1800's.

In addition to vegetable charcoal, Digesulin also contains: fennel, cumin, chamomile, star anise, lemon balm, and caraway. Applications of these well-known herbs range from ancient to modern—and scientific research and traditional use have shown that they provide crucial antioxidant support, while helping to soothe and relax your

gastrointestinal tract (both singularly *and* in combination).

## Tasty chewable tablets help to soothe the burn *fast*

Digesulin might help with gas and bloating—but sometimes it's occasional heartburn that's keeping you up at night. And that's what Gastrodol is for.

The two main ingredients in this formula are calcium carbonate and sodium bicarbonate—and if they sound familiar, it's probably because they are. The first is also the active ingredient in Tums. And the second is better known as plain old baking soda. These two ingredients are potent acid neutralizers on their own—but when mixed with the cooling influence of aloe, their effects are only enhanced.

You know what aloe can do for your sunburn—scorched skin becomes cooler and less painful on contact. This same action helps to soothe and cool your esophagus. And as an added bonus, human trials have shown that this time-tested ingredient can also enhance digestive function and keep your bowel movements regular.

Along with aloe, Gastrodol harnesses the power of three additional time-tested herbal soothing agents: barley, licorice, and of course, chamomile.

But unlike some other herbal-based products, the taste isn't offensive—this completely natural combo comes in a minty chewable tablet. And the purity of its ingredients assures that you won't experience any “rebound” acid after using it (one of the common traps of other solutions for occasional heartburn). Just two tablets go to work



immediately—no waiting necessary.

### Daily detox keeps your system running smoothly

When your digestive system isn't working like the well-oiled machine it should be, your body can sometimes suffer—and this happens in the form of toxic buildup. In fact, we're all exposed to a firing squad of different poisons every day, in the form of pollution, food additives, and pretty much everything else that comes along with daily life these days.

You may not have known that your liver and kidneys played such a big part in the health of your stomach. But the truth is, regular detoxification is the *only* way to keep your entire body—and particularly your gut—operating at its prime. Unfortunately, detox isn't always an easy task.

Most annual detoxification programs have some pretty harsh protocols—like severely restricting your diet or using a lot of powerful laxatives over the course of a few days. But the older you get, the more taxing these strict cleanses can be on your body. That's why the Digestive Wellness System includes Omni Clear, a unique natural detoxification complex that helps your liver, kidneys, and urinary tract to cleanse themselves gently over a longer period of time.

Omni Clear is a blend of six herbs—burdock, java tea, dandelion, fennel, fumitory, and couch grass—that work synergistically to stimulate the release of toxins from your tissues.

These natural ingredients are powerful antioxidants that work to stimulate bile and gastric secretions, while enhancing your body's ability to flush out toxins by way of

your liver, your kidneys, and your intestines.

At the same time, most of them are also proven to soothe irritation in your digestive and urinary tracts (and even to reduce the cramping and bloating that comes with occasional gas).

### 8-herb powerhouse pushes your bowels into action

No digestive first-aid kit would be complete without an effective solution for better bowel movements—because even though constipation is inevitable on occasion, that doesn't make it any easier to deal with. But as I'm sure you already know by now, a lot of the harsh chemical products out there can leave you crampy, and feeling worse than you did before.

But this is where your Digestive Wellness System will deliver yet another safe, effective, and natural alternative. Fast Resolve is an herbal blend of natural bowel-moving agents—the kind that won't keep you up in the middle of the night with any discomfort or cramps.

Nevertheless, the end result remains the same. These ingredients are just as effective—especially the lead herb, senna, which contains a special class of glycosides called anthraquinones. Your colon absorbs these powerful phytochemicals, where they are later released during metabolism to stimulate the contractions that your body uses to get your bowels moving (a process called peristalsis).

Fast Resolve harnesses the power of seven other herbs (cape aloe, dandelion, chicory, caraway, fennel, boldo, and cumin) to gently stimulate your bowels—while helping to reduce and soothe the strong spasms that you usually

(continued on page 8)

### And another thing...

(continued from page 5)

the most common chronic blood-borne infection in the U.S.

... Just how bad is the obesity problem in the U.S.? Over a 10-year period, the rate of tobacco-related deaths increased by just under 10 percent. During that same period, deaths associated with poor diet and physical inactivity increased by more than 30 percent. If these trends continue, obesity will soon be the primary cause of preventable death in the U.S.

And, in case you didn't see it in the *e-Alert*...

... Intake of dietary zinc may help men maintain a healthy bone mass density (BMD). According to recent research, dietary zinc intake and plasma zinc both had a positive association with BMD in men. In this study, the average dietary zinc intake was just over 11 mg per day, which is the recommended daily allowance for males over the age of 19. The best source of zinc is animal protein.

... In a trial of nearly 60 multiple sclerosis (MS) patients, researchers used "cognitive measures" to assess mood, anxiety level, fatigue, and health-related quality of life. Subjects who either practiced yoga or participated in aerobic exercise classes reported a significant improvement in energy and relief of fatigue, compared to a non-exercising group.

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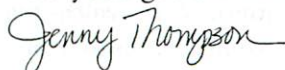
## And another thing...

(continued from page 7)

...Can antioxidants help protect smokers? Researchers examined medical and dietary data of more than 27,000 Finnish, male smokers whose records were followed for nearly 15 years. Those who had the highest intake of a variety of antioxidants (vitamins C and E, carotenoids, and flavonoids) had a 16 percent lower risk of lung cancer, compared to men with the lowest overall antioxidant intake. The conclusion: A high intake of beta-carotene alone may pose a risk for smokers, but the drawbacks may be minimized when beta-carotene is consumed with other antioxidants.

...Here's another reason to make sure you're getting enough vitamin D. In a new study, more than 3,000 subjects, ages 50 to 75, were screened for colon cancer. Using dietary questionnaires, researchers found a clear association between vitamin D intake of more than 645 IU per day and a reduced risk of colon cancer. Those who had the greatest protection also used multivitamins, exercised regularly, and had diets with high fiber content.

To your good health,



Jenny Thompson

**For FREE access to urgent health information**, sign up for the HSI e-Alert update service. Visit our website at [www.HSIBaltimore.com](http://www.HSIBaltimore.com) today to enroll.

## Digestive Wellness

(continued from page 7)

associate with laxatives.

Because these herbs—and senna in particular—are so powerful, you don't want to use Fast Resolve every day. But with the arsenal of extra support you'll be getting from all of the products in your Digestive Wellness System, you're not likely to need to.

The complete Digestive Wellness System (including Digesulin, Gastrodol, Omni Clear, and Fast

Resolve) is available through NorthStar Nutritionals. And don't worry—all of these products are available separately, too, so you'll never have trouble replacing an empty supply. In fact, if you don't want to buy the entire system, you don't have to—but if you do, you'll get Digeherb (a companion to Digesulin, that offers relief for bloating and gas in a soothing tea) thrown in for free.

You'll find ordering information for all of these products in the Member Source Directory. **HSI**

## MEMBER SOURCE DIRECTORY

**UtiLogic**, NorthStar Nutritionals. Ph (888)856-1489 or (915)855-5415; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). A one-month supply (60 capsules) is \$49.95 plus \$6.95 shipping and handling (\$7.95 outside the USA. Not available in Australia). HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code MUTIL when ordering.

**Ultimate Bionic**, Real Advantage Nutrients. Ph. (888) 856-1452 or (915) 855-5416; [www.realadvantagevitamins.com](http://www.realadvantagevitamins.com). A one-month supply, 30 packets, is \$34.95 plus \$6.95 shipping and handling (\$7.95 outside the USA. Not available in Australia). HSI members are entitled to the Dr. Douglass Ultimate Guarantee, all your money back anytime. Ask for code MULTBIO when ordering.

**Digestive Wellness System**, NorthStar Nutritionals. Ph (888)856-1489 or (915)855-5415; [www.northstarnutritionals.com](http://www.northstarnutritionals.com). The System includes one of each of the four products—Gastrodol, Digesulin, Fast Resolve and Omni Clear—plus a free box of Digeherb Tea for the special price of \$69.95 plus \$6.95 shipping and handling (\$7.95 outside the USA. Not available in Australia). All items are also available separately. HSI members are entitled to an exclusive 90-day extended guarantee. Ask for code MDIG when ordering.

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